

BLOCK 1: 5-WEEK BUILD PHASE															
WEEK 1	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
PULL #1 (LAT FOCUSED)	<u>Cross-Body Lat Pull-Around</u>	Long-length Partial (on all reps of the last set)	1	3	10-12					~9	10	~2-3 min	<u>Half-Kneeling 1-Arm Lat Pulldown</u>	<u>Neutral-Grip Pullup</u>	Try to keep the cable and your wrist aligned in a straight line throughout the pull. Feel a nice, deep lat stretch at the top.
	<u>Snatch-Grip RDL</u>	N/A	2-3	2	8					~6	~6-7	~3-4 min	<u>DB RDL</u>	<u>Nordic Ham Curl</u>	The RPE is intentionally low here because these will cause a lot of muscle damage. Don't be tempted to go too heavy. 1 second pause at the bottom of each rep. To keep tension on the hamstrings, stop about 75% of the way to full lockout on each rep (i.e. stay in the bottom 3/4 of the range of motion).
	<u>Chest-Supported Machine Row</u>	Long-length Partial (on all reps of the last set)	1-2	3	8-10					~9	10	~2-3 min	<u>Chest-Supported T-Bar Row</u>	<u>Helms Row</u>	Flare elbows out at roughly 45° and squeeze your shoulder blades together hard at the top of each rep.
	<u>Straight-Bar Lat Prayer</u>	Long-length Partial (on all reps of the last set)	1	3	12-15					~9-10	10	~1-2 min	<u>Machine Lat Pullover</u>	<u>DB Lat Pullover</u>	Lean forward to get a big stretch on the lats at the top of the ROM and then stand upright as you squeeze your lats at the bottom.
	<u>Hammer Preacher Curl</u>	N/A	1	3	10-12					~9-10	10	~1-2 min	<u>Fat-Grip Preacher Curl</u>	<u>Hammer Curl</u>	These will target the brachialis and forearms hard. Squeeze the dumbbell hard in the middle of the handle and curl about 3/4 of the way up (i.e. stay in the bottom 3/4 of the curl).
	<u>Lying Paused Rope Face Pull</u>	N/A	1	3	10-12					~9-10	10	~1-2 min	<u>Rope Face Pull</u>	<u>Bent-Over Reverse DB Flye</u>	Pause for 1-2 seconds in the squeeze of each rep. Contract the rear delts hard!

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PUSH #1	<u>Cuffed Behind-The-Back Lateral Raise</u>	Myo-reps	1-2	3	10-12					~9-10	10	~1-2 min	<u>Cross-Body Cable Y-Raise</u>	<u>DB Lateral Raise</u>	Raise the cables up and out in a "Y" motion. Really try to connect with the middle delt fibers as you sweep the weight up and out.
	<u>Low Incline Smith Machine Press</u>	Pec Static Stretch (30 sec hold)	2-3	4	8-10					~8-9	~9-10	~2-3 min	<u>Low Incline Machine Press</u>	<u>Low Incline DB Press</u>	Set the bench at a ~15° incline. 1 second pause on the chest on each rep while maintaining tension on the pecs.
	<u>Pec Deck (w/ Integrated Partial)</u>	Integrated Partial (on all sets)	1	3	12-15					~8-9	10	~1-2 min	<u>Bent-Over Cable Pec Flye (w/ Integrated Partial)</u>	<u>DB Flye (w/ Integrated Partial)</u>	Set up the pec deck to allow for maximum stretch. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/bottom half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps and an RPE of 9-10.
	<u>Overhead Cable Triceps Extension (Bar)</u>	Dropset	1	3	8					~9-10	10	~1-2 min	<u>Overhead Cable Triceps Extension (Rope)</u>	<u>DB Skull Crusher</u>	Feel a nasty stretch on the triceps throughout the entire negative. Pause for 1 second in the stretch part of each rep.
	<u>Triceps Pressdown (Bar)</u>	Dropset	1	2	8-10					~9-10	10	~1-2 min	<u>Triceps Pressdown (Rope)</u>	<u>Close-Grip Assisted Dip</u>	These are meant to be fairly heavy, which is why we're using a bar instead of a rope. Aim to add some weight week to week at the set rep target. Always keep the form tight as you overload the triceps.
	<u>Cable Crunch</u>	Myo-reps	1	3	10-12					~9-10	10	~1-2 min	<u>Machine Crunch</u>	<u>Plate-Weighted Crunch</u>	Round your lower back as you crunch. Maintain a mind-muscle connection with your 6-pack.
OPTIONAL REST DAY															



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LEGS #1	<u>Seated Leg Curl</u>	N/A	1-2	3	8-10					~9	10	~2-3 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lean forward over the machine to get a maximum stretch in your hamstrings.
	<u>Machine Hip Adduction</u>	N/A	1	3	10-12					~9	10	~1-2 min	<u>Cable Hip Adduction</u>	<u>Copenhagen Hip Adduction</u>	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!
	<u>Hack Squat</u>	N/A	2-4	3	4, 6, 8					~9	~9	~3-5 min	<u>Machine Squat</u>	<u>Front Squat</u>	We're using a reverse pyramid on this exercise. Warm-up as usual to your first working set for 4 reps. This first set will be your heaviest set. Then for set 2, drop the weight back ~10-15% and do 6 reps. Then for set 3, drop the weight back another 10-15% and do 8 reps.
	<u>Leg Extension</u>	Long-length Partial (on all reps of the last set)	1-2	3	10-12					~9	10	~1-2 min	<u>DB Step-Up</u>	<u>Reverse Nordic</u>	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative.
	<u>Leg Press Calf Press</u>	Calf Static Stretch (30 sec)	1	3	12-15					~9-10	10	~1-2 min	<u>Donkey Calf Raise</u>	<u>Seated Calf Raise</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.

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ARMS & WEAK POINTS #1	Weak Point Exercise 1	N/A	1-3	3	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	2	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>Bayesian Cable Curl</u>	Long-length Partials (on all reps of the last set)	1	3	10-12					~9-10	10	~1-2 min	<u>DB Incline Curl</u>	<u>DB Scott Curl</u>	If you have a left-right bicep size imbalance, do these 1 arm at a time, starting with the weaker arm. Take the weaker arm to an RPE of 9-10. Then match the reps with the other arm (stop once you've matched the reps, even if the RPE is lower). If you don't have a size imbalance, do these both arms at the same time.
	<u>Seated DB French Press</u>	N/A	1	3	10					~9-10	10	~1-2 min	<u>EZ-bar Skull Crusher</u>	<u>DB Skull Crusher</u>	Place both palms under the head of a dumbbell and perform overhead extensions. Feel a deep stretch on your triceps at the bottom. Avoid pausing at the top of each rep.
	<u>Bottom-2/3 Constant Tension Preacher Curl</u>	N/A	1	2	12-15					~9-10	10	~1-2 min	<u>Bottom-2/3 EZ-Bar Curl</u>	<u>Spider Curl</u>	Stay in the bottom 2/3 of the curl. Don't squeeze all the way up to the top. Keep your triceps firmly pinned against the pad as you curl. No pausing at the top or bottom: constant tension on the biceps!
	<u>Cable Triceps Kickback</u>	N/A	0	2	12-15					~9-10	10	~1-2 min	<u>Bench Dip</u>	<u>DB Triceps Kickback</u>	There are two ways you can do this: upright or bent over. Choose the one that feels more comfortable for you. The main thing is that when you're in the full squeeze, your shoulder should be positioned back behind your torso.
	<u>Roman Chair Leg Raise</u>	N/A	0	3	10-20					~9-10	10	~1-2 min	<u>Hanging Leg Raise</u>	<u>Reverse Crunch</u>	Allow your lower back to round as you curl your legs up. 10-20 reps is a broad range on purpose: just go until you hit RPE 9-10 (0-1 reps shy of failure) with controlled form.
MANDATORY REST DAY															

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PULL #2 (MID-BACK FOCUSED)	<u>Super-ROM Overhand Cable Row</u>	N/A	1-2	3	10-12					~9	10	~1-2 min	<u>Overhand Machine Row</u>	<u>Arm-Out Single-Arm DB Row</u>	Set up a wide grip pulldown bar on a seated cable row. Using a double overhand grip, perform rows while leaning forward on the negative and then extend your torso to be upright as you finish the row.
	<u>Arms-Extended 45° Hyperextension</u>	N/A	1	2	10-20					~9	~9-10	~2-3 min	<u>Prisoner 45° Hyperextension</u>	<u>Good Morning (Light Weight)</u>	Keep your arms extended out at 45° as you do back extensions. You should feel a crazy burn in your mid-back and lower back.
	<u>Lean-Back Lat Pulldown</u>	Dropset	1-2	3	10-12					~9	10	~2-3 min	<u>Lean-Back Machine Pulldown</u>	<u>Medium-Grip Pull Up</u>	Initiate the pulldown with a straight up posture. As you pull the bar down, lean back by about 15-30° to get the mid-back more involved. Softly touch the bar to your chest on every rep and, even though you're leaning back, still control the weight!
	<u>Inverse DB Zottman Curl</u>	N/A	1	3	10-12					~9-10	10	~1-2 min	<u>Slow-Eccentric DB Curl</u>	<u>Hammer Curl</u>	Do a hammer curl on the positive, then turn your palms facing up at the top and use a palms-up grip on the negative.
	<u>Cable Reverse Flye (Mechanical Dropset)</u>	Mechanical Dropset (on all sets)	0	3	5,4,3+					~9-10	10	~1-2 min	<u>Reverse Pec Deck</u>	<u>Bent-Over Reverse DB Flye</u>	You'll probably want to watch the video for this one. Take ~3 big steps back from the cable machine and do your first 5 reps. After those first 5 reps, immediately (without resting) take 1 step forward and do another 4 reps. Then (without resting) take another step forward and do at least another 3 reps (or until you hit RPE 9-10).
	<u>Cable Paused Shrug-In</u>	N/A	1	3	10-12					~9-10	10	~1-2 min	<u>Machine Shrug</u>	<u>DB Shrug</u>	Shrug up and in. Think about shrugging "up to your ears". 1-2 second pause in the squeeze (at the top) of each rep, then another 1-2 second pause in the stretch (at the bottom) of each rep.

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PUSH #2	<u>Machine Shoulder Press</u>	Dropset	2-3	3	10-12					~9	10	~1-2 min	<u>Cable Shoulder Press</u>	<u>Seated DB Shoulder Press</u>	Ensure that your elbows break at least 90°. Mind-muscle connection with your delts. Smooth, controlled reps.
	<u>Cross-Body Cable Y-Raise</u>	N/A	1	3	10-12					~9	10	~2-3 min	<u>Machine Lateral Raise</u>	<u>DB Lateral Raise</u>	Think about "drawing a sword" as you do the positive. Sweep your arm up, out and across your body. It may take a few weeks to get used to these if you haven't done them before, but once they click, they really click.
	<u>Paused Assisted Dip</u>	N/A	2	3	8-10					~8-9	10	~2-3 min	<u>Decline Machine Chest Press</u>	<u>Decline Barbell Press</u>	Slow 2-3 second negative. 1-2 second pause at the bottom. Explode with control on the way up. Go as deep as your shoulders comfortably allow, trying to at least break a 90° elbow angle.
	<u>Low-Incline Dumbbell Flye</u>	Long-length Partial (on all reps of the last set)	1	2	15-20					~9	10	~2-3 min	<u>Low-To-High Cable Crossover</u>	<u>Pec Deck</u>	Focus on feeling a deep stretch in your pecs at the bottom of each rep. Keep the dumbbells in the bottom ~3/4 of the range of motion as there will be no tension on the pecs at the top. We are including these because the dumbbells' resistance profile really accentuates the stretch.
	<u>Katana Triceps Extension</u>	N/A	1	3	10-12					~9-10	10	~2-3 min	<u>Overhead Cable Triceps Extension (Rope)</u>	<u>DB French Press</u>	Flare your elbows out at about 45° and keep your elbows locked in place as you complete the extensions.
	<u>Ab Wheel Rollout</u>	N/A	0	3	10-20					~9	~9-10	~1-2 min	<u>Swiss Ball Rollout</u>	<u>LLPT Plank</u>	Don't just bend at your hips, use your abs to lower yourself down under control and pull yourself back up. If you don't have the core strength to get all the way extended at the bottom, try to progressively increase the ROM week to week.
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LEGS #2	<u>Lying Leg Curl</u>	Long-length Partial (on all reps of the last set)	1-2	3	8-10					~9	10	~1-2 min	<u>Seated Leg Curl</u>	<u>Nordic Ham Curl</u>	Set the machine so that you get the biggest stretch possible at the bottom. Prevent your butt from popping up as you curl.
	<u>Leg Press</u>	N/A	2-4	3	8					~8-9	~8-9	~1-2 min	<u>Belt Squat</u>	<u>High-Bar Back Squat</u>	Feet lower on the platform for more quad focus. Get as deep as you can without excessive back rounding. Control the negative and do a slight pause at the bottom of each rep. Try to add a little weight each week at the same rep count.
	<u>Smith Machine Lunge</u>	N/A	2-3	2	8					~8-9	~9-10	~3-4 min	<u>Barbell Lunge</u>	<u>DB Step Up</u>	2 sets each leg. Minimize contribution from the back leg. Mind-muscle connection with your glutes here!
	<u>A1: Machine Hip Adduction</u>	N/A	1	3	10-12					~9-10	10	~0.5-1 min	<u>Cable Hip Adduction</u>	<u>Copenhagen Hip Adduction</u>	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!
	<u>A2: Sissy Squat</u>	N/A	1	3	10-12					~7-8	~7-8	~0.5-1 min	<u>Leg Extension</u>	<u>Goblet Squat</u>	Allow yourself to come up onto your toes and push your knees forward past your toes. This is safe for the knees. If you feel knee pain doing them, though, feel free to go with a substitution. They may feel awkward at first, but they're really underrated for the quads! Don't give up on them too quickly.
	<u>Standing Calf Raise</u>	Calf Static Stretch (30 sec hold)	1	3	10-12					~9-10	10	~1-2 min	<u>Leg Press Calf Press</u>	<u>Donkey Calf Raise</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.



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ARMS & WEAK POINTS #2	Weak Point Exercise 1	N/A	1-3	3	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	2	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>Cable Skull Crusher</u>	N/A	1	3	10-12					~8-9	10	~1-2 min	<u>EZ-Bar Skull Crusher</u>	<u>DB Skull Crusher</u>	Allow the cable to move back behind your head for maximum stretch on the triceps. Reach full extension with your elbows still around eye level at the top.
	<u>Kneeling Overhead Cable Curl</u>	N/A	1	3	10-12					~9-10	10	~1-2 min	<u>Overhead Cable Curl</u>	<u>Spider Curl</u>	Kneel down, stick your arm straight out to the side and do cable curls. You should feel a tight squeeze at the top of each rep on these.
	<u>Triceps Diverging Pressdown (Long Rope or 2 Ropes)</u>	N/A	1	2	12-15					~9-10	10	~1-2 min	<u>Cable Triceps Kickback</u>	<u>DB Triceps Kickback</u>	Use two long ropes or one long rope. Lean slightly forward, flare your elbows slightly out and keep your arms back in line with your torso. Then do triceps pressdowns, getting a full, big squeeze at the bottom.
	<u>Incline DB Stretch-Curl</u>	N/A	1	2	12-15					~9-10	10	~1-2 min	<u>DB Incline Curl</u>	<u>Bayesian Cable Curl</u>	Keep your upper back planted against the bench, rotate your arms outward until you feel a massive stretch in your biceps. Go light on these and instead focus on feeling your biceps pull and squeeze.
	<u>Cable Crunch</u>	N/A	1	3	10-12					~9-10	10	~1-2 min	<u>Machine Crunch</u>	<u>Plate-Weighted Crunch</u>	Round your lower back as you crunch. Maintain a mind-muscle connection with your 6-pack.
MANDATORY REST DAY															

WEEK 2	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
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PULL #1 (LAT FOCUSED)	<u>Cross-Body Lat Pull-Around</u>	Long-length Partial (on all reps of the last set)	1	3	10-12					~9	10	~2-3 min	<u>Half-Kneeling 1-Arm Lat Pulldown</u>	<u>Neutral-Grip Pullup</u>	Try to keep the cable and your wrist aligned in a straight line throughout the pull. Feel a nice, deep lat stretch at the top.
	<u>Snatch-Grip RDL</u>	N/A	2-3	2	8					~6	~6-7	~3-4 min	<u>DB RDL</u>	<u>Nordic Ham Curl</u>	The RPE is intentionally low here because these will cause a lot of muscle damage. Don't be tempted to go too heavy. 1 second pause at the bottom of each rep. To keep tension on the hamstrings, stop about 75% of the way to full lockout on each rep (i.e. stay in the bottom 3/4 of the range of motion).
	<u>Chest-Supported Machine Row</u>	Long-length Partial (on all reps of the last set)	1-2	3	8-10					~9	10	~2-3 min	<u>Chest-Supported T-Bar Row</u>	<u>Helms Row</u>	Flare elbows out at roughly 45° and squeeze your shoulder blades together hard at the top of each rep.
	<u>Straight-Bar Lat Prayer</u>	Long-length Partial (on all reps of the last set)	1	3	12-15					~9-10	10	~1-2 min	<u>Machine Lat Pullover</u>	<u>DB Lat Pullover</u>	Lean forward to get a big stretch on the lats at the top of the ROM and then stand upright as you squeeze your lats at the bottom.
	<u>Hammer Preacher Curl</u>	N/A	1	3	10-12					~9-10	10	~1-2 min	<u>Fat-Grip Preacher Curl</u>	<u>Hammer Curl</u>	These will target the brachialis and forearms hard. Squeeze the dumbbell hard in the middle of the handle and curl about 3/4 of the way up (i.e. stay in the bottom 3/4 of the curl).
	<u>Lying Paused Rope Face Pull</u>	N/A	1	3	10-12					~9-10	10	~1-2 min	<u>Rope Face Pull</u>	<u>Bent-Over Reverse DB Flye</u>	Pause for 1-2 seconds in the squeeze of each rep. Contract the rear delts hard!

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PUSH #1	<u>Cuffed Behind-The-Back Lateral Raise</u>	Myo-reps	1-2	3	10-12					~9-10	10	~1-2 min	<u>Cross-Body Cable Y-Raise</u>	<u>DB Lateral Raise</u>	Raise the cables up and out in a "Y" motion. Really try to connect with the middle delt fibers as you sweep the weight up and out.
	<u>Low Incline Smith Machine Press</u>	Pec Static Stretch (30 sec hold)	2-3	4	8-10					~8-9	~9-10	~2-3 min	<u>Low Incline Machine Press</u>	<u>Low Incline DB Press</u>	Set the bench at a ~15° incline. 1 second pause on the chest on each rep while maintaining tension on the pecs.
	<u>Pec Deck (w/ Integrated Partial)</u>	Integrated Partial (on all sets)	1	3	12-15					~8-9	10	~1-2 min	<u>Bent-Over Cable Pec Flye (w/ Integrated Partial)</u>	<u>DB Flye (w/ Integrated Partial)</u>	Set up the pec deck to allow for maximum stretch. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/bottom half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps and an RPE of 9-10.
	<u>Overhead Cable Triceps Extension (Bar)</u>	Dropset	1	3	8					~9-10	10	~1-2 min	<u>Overhead Cable Triceps Extension (Rope)</u>	<u>DB Skull Crusher</u>	Feel a nasty stretch on the triceps throughout the entire negative. Pause for 1 second in the stretch part of each rep.
	<u>Smith Machine JM Press</u>	N/A	1-2	2	15-20					~8-9	10	~2-3 min	<u>Barbell JM Press</u>	<u>Close-Grip Bench Press</u>	Lower the bar down to your chin. Think of the movement as a combination of a skull crusher and a close-grip bench press.
	<u>Cable Crunch</u>	Myo-reps	1	3	10-12					~9-10	10	~1-2 min	<u>Machine Crunch</u>	<u>Plate-Weighted Crunch</u>	Round your lower back as you crunch. Maintain a mind-muscle connection with your 6-pack.
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LEGS #1	<u>Seated Leg Curl</u>	N/A	1-2	3	8-10					~9	10	~2-3 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lean forward over the machine to get a maximum stretch in your hamstrings.
	<u>Machine Hip Adduction</u>	N/A	1	3	10-12					~9	10	~1-2 min	<u>Cable Hip Adduction</u>	<u>Copenhagen Hip Adduction</u>	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!
	<u>Hack Squat</u>	N/A	2-4	3	4, 6, 8					~9	~9	~3-5 min	<u>Machine Squat</u>	<u>Front Squat</u>	We're using a reverse pyramid on this exercise. Warm-up as usual to your first working set for 4 reps. This first set will be your heaviest set. Then for set 2, drop the weight back ~10-15% and do 6 reps. Then for set 3, drop the weight back another 10-15% and do 8 reps.
	<u>Leg Extension</u>	Long-length Partial (on all reps of the last set)	1-2	3	10-12					~9	10	~1-2 min	<u>DB Step-Up</u>	<u>Reverse Nordic</u>	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative.
	<u>Leg Press Calf Press</u>	Calf Static Stretch (30 sec)	1	3	12-15					~9-10	10	~1-2 min	<u>Donkey Calf Raise</u>	<u>Seated Calf Raise</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.

WEEK 2	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS #1	Weak Point Exercise 1	N/A	1-3	3	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	2	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>Bayesian Cable Curl</u>	Long-length Partials (on all reps of the last set)	1	3	10-12					~9-10	10	~1-2 min	<u>DB Incline Curl</u>	<u>DB Scott Curl</u>	If you have a left-right bicep size imbalance, do these 1 arm at a time, starting with the weaker arm. Take the weaker arm to an RPE of 9-10. Then match the reps with the other arm (stop once you've matched the reps, even if the RPE is lower). If you don't have a size imbalance, do these both arms at the same time.
	<u>Seated DB French Press</u>	N/A	1	3	10					~9-10	10	~1-2 min	<u>EZ-bar Skull Crusher</u>	<u>DB Skull Crusher</u>	Place both palms under the head of a dumbbell and perform overhead extensions. Feel a deep stretch on your triceps at the bottom. Avoid pausing at the top of each rep.
	<u>Bottom-2/3 Constant Tension Preacher Curl</u>	N/A	1	2	12-15					~9-10	10	~1-2 min	<u>Bottom-2/3 EZ-Bar Curl</u>	<u>Spider Curl</u>	Stay in the bottom 2/3 of the curl. Don't squeeze all the way up to the top. Keep your triceps firmly pinned against the pad as you curl. No pausing at the top or bottom: constant tension on the biceps!
	<u>Cable Triceps Kickback</u>	N/A	0	2	12-15					~9-10	10	~1-2 min	<u>Bench Dip</u>	<u>DB Triceps Kickback</u>	There are two ways you can do this: upright or bent over. Choose the one that feels more comfortable for you. The main thing is that when you're in the full squeeze, your shoulder should be positioned back behind your torso.
	<u>Roman Chair Leg Raise</u>	N/A	0	3	10-20					~9-10	10	~1-2 min	<u>Hanging Leg Raise</u>	<u>Reverse Crunch</u>	Allow your lower back to round as you curl your legs up. 10-20 reps is a broad range on purpose: just go until you hit RPE 9-10 (0-1 reps shy of failure) with controlled form.
MANDATORY REST DAY															



WEEK 2	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
PULL #2 (MID-BACK FOCUSED)	<u>Super-ROM Overhand Cable Row</u>	N/A	1-2	3	10-12					~9	10	~1-2 min	<u>Overhand Machine Row</u>	<u>Arm-Out Single-Arm DB Row</u>	Set up a wide grip pulldown bar on a seated cable row. Using a double overhand grip, perform rows while leaning forward on the negative and then extend your torso to be upright as you finish the row.
	<u>Arms-Extended 45° Hyperextension</u>	N/A	1	2	10-20					~9	~9-10	~2-3 min	<u>Prisoner 45° Hyperextension</u>	<u>Good Morning (Light Weight)</u>	Keep your arms extended out at 45° as you do back extensions. You should feel a crazy burn in your mid-back and lower back.
	<u>Lean-Back Lat Pulldown</u>	Dropset	1-2	3	10-12					~9	10	~2-3 min	<u>Lean-Back Machine Pulldown</u>	<u>Medium-Grip Pull Up</u>	Initiate the pulldown with a straight up posture. As you pull the bar down, lean back by about 15-30° to get the mid-back more involved. Softly touch the bar to your chest on every rep and, even though you're leaning back, still control the weight!
	<u>Inverse DB Zottman Curl</u>	N/A	1	3	10-12					~9-10	10	~1-2 min	<u>Slow-Eccentric DB Curl</u>	<u>Hammer Curl</u>	Do a hammer curl on the positive, then turn your palms facing up at the top and use a palms-up grip on the negative.
	<u>Cable Reverse Flye (Mechanical Dropset)</u>	Mechanical Dropset (on all sets)	0	3	5,4,3+					~9-10	10	~1-2 min	<u>Reverse Pec Deck</u>	<u>Bent-Over Reverse DB Flye</u>	You'll probably want to watch the video for this one. Take ~3 big steps back from the cable machine and do your first 5 reps. After those first 5 reps, immediately (without resting) take 1 step forward and do another 4 reps. Then (without resting) take another step forward and do at least another 3 reps (or until you hit RPE 9-10).
	<u>Cable Paused Shrug-In</u>	N/A	1	3	10-12					~9-10	10	~1-2 min	<u>Machine Shrug</u>	<u>DB Shrug</u>	Shrug up and in. Think about shrugging "up to your ears". 1-2 second pause in the squeeze (at the top) of each rep, then another 1-2 second pause in the stretch (at the bottom) of each rep.

WEEK 2	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
PUSH #2	<u>Machine Shoulder Press</u>	Dropset	2-3	3	10-12					~9	10	~1-2 min	<u>Cable Shoulder Press</u>	<u>Seated DB Shoulder Press</u>	Ensure that your elbows break at least 90°. Mind-muscle connection with your delts. Smooth, controlled reps.
	<u>Cross-Body Cable Y-Raise</u>	N/A	1	3	10-12					~9	10	~2-3 min	<u>Machine Lateral Raise</u>	<u>DB Lateral Raise</u>	Think about "drawing a sword" as you do the positive. Sweep your arm up, out and across your body. It may take a few weeks to get used to these if you haven't done them before, but once they click, they really click.
	<u>Paused Assisted Dip</u>	N/A	2	3	8-10					~8-9	10	~2-3 min	<u>Decline Machine Chest Press</u>	<u>Decline Barbell Press</u>	Slow 2-3 second negative. 1-2 second pause at the bottom. Explode with control on the way up. Go as deep as your shoulders comfortably allow, trying to at least break a 90° elbow angle.
	<u>Low-Incline Dumbbell Flye</u>	Long-length Partial (on all reps of the last set)	1	2	15-20					~9	10	~2-3 min	<u>Low-To-High Cable Crossover</u>	<u>Pec Deck</u>	Focus on feeling a deep stretch in your pecs at the bottom of each rep. Keep the dumbbells in the bottom ~3/4 of the range of motion as there will be no tension on the pecs at the top. We are including these because the dumbbells' resistance profile really accentuates the stretch.
	<u>Katana Triceps Extension</u>	N/A	1	3	10-12					~9-10	10	~2-3 min	<u>Overhead Cable Triceps Extension (Rope)</u>	<u>DB French Press</u>	Flare your elbows out at about 45° and keep your elbows locked in place as you complete the extensions.
	<u>Ab Wheel Rollout</u>	N/A	0	3	10-20					~9	~9-10	~1-2 min	<u>Swiss Ball Rollout</u>	<u>LLPT Plank</u>	Don't just bend at your hips, use your abs to lower yourself down under control and pull yourself back up. If you don't have the core strength to get all the way extended at the bottom, try to progressively increase the ROM week to week.
OPTIONAL REST DAY															

WEEK 2	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
LEGS #2	<u>Lying Leg Curl</u>	Long-length Partial (on all reps of the last set)	1-2	3	8-10					~9	10	~1-2 min	<u>Seated Leg Curl</u>	<u>Nordic Ham Curl</u>	Set the machine so that you get the biggest stretch possible at the bottom. Prevent your butt from popping up as you curl.
	<u>Leg Press</u>	N/A	2-4	3	8					~8-9	~8-9	~1-2 min	<u>Belt Squat</u>	<u>High-Bar Back Squat</u>	Feet lower on the platform for more quad focus. Get as deep as you can without excessive back rounding. Control the negative and do a slight pause at the bottom of each rep. Try to add a little weight each week at the same rep count.
	<u>Smith Machine Lunge</u>	N/A	2-3	2	8					~8-9	~9-10	~3-4 min	<u>Barbell Lunge</u>	<u>DB Step Up</u>	2 sets each leg. Minimize contribution from the back leg. Mind-muscle connection with your glutes here!
	<u>A1: Machine Hip Adduction</u>	N/A	1	3	10-12					~9-10	10	~0.5-1 min	<u>Cable Hip Adduction</u>	<u>Copenhagen Hip Adduction</u>	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!
	<u>A2: Sissy Squat</u>	N/A	1	3	10-12					~7-8	~7-8	~0.5-1 min	<u>Leg Extension</u>	<u>Goblet Squat</u>	Allow yourself to come up onto your toes and push your knees forward past your toes. This is safe for the knees. If you feel knee pain doing them, though, feel free to go with a substitution. They may feel awkward at first, but they're really underrated for the quads! Don't give up on them too quickly.
	<u>Standing Calf Raise</u>	Calf Static Stretch (30 sec hold)	1	3	10-12					~9-10	10	~1-2 min	<u>Leg Press Calf Press</u>	<u>Donkey Calf Raise</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.

WEEK 2	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS #2	Weak Point Exercise 1	N/A	1-3	3	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	2	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>Cable Skull Crusher</u>	N/A	1	3	10-12					~8-9	10	~1-2 min	<u>EZ-Bar Skull Crusher</u>	<u>DB Skull Crusher</u>	Allow the cable to move back behind your head for maximum stretch on the triceps. Reach full extension with your elbows still around eye level at the top.
	<u>Kneeling Overhead Cable Curl</u>	N/A	1	3	10-12					~9-10	10	~1-2 min	<u>Overhead Cable Curl</u>	<u>Spider Curl</u>	Kneel down, stick your arm straight out to the side and do cable curls. You should feel a tight squeeze at the top of each rep on these.
	<u>Triceps Diverging Pressdown (Long Rope or 2 Ropes)</u>	N/A	1	2	12-15					~9-10	10	~1-2 min	<u>Cable Triceps Kickback</u>	<u>DB Triceps Kickback</u>	Use two long ropes or one long rope. Lean slightly forward, flare your elbows slightly out and keep your arms back in line with your torso. Then do triceps pressdowns, getting a full, big squeeze at the bottom.
	<u>Incline DB Stretch-Curl</u>	N/A	1	2	12-15					~9-10	10	~1-2 min	<u>DB Incline Curl</u>	<u>Bayesian Cable Curl</u>	Keep your upper back planted against the bench, rotate your arms outward until you feel a massive stretch in your biceps. Go light on these and instead focus on feeling your biceps pull and squeeze.
	<u>Cable Crunch</u>	N/A	1	3	10-12					~9-10	10	~1-2 min	<u>Machine Crunch</u>	<u>Plate-Weighted Crunch</u>	Round your lower back as you crunch. Maintain a mind-muscle connection with your 6-pack.
MANDATORY REST DAY															

WEEK 3	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
PULL #1 (LAT FOCUSED)	<u>Cross-Body Lat Pull-Around</u>	Long-length Partial (on all reps of the last set)	1	3	10-12					~9	10	~2-3 min	<u>Half-Kneeling 1-Arm Lat Pulldown</u>	<u>Neutral-Grip Pullup</u>	Try to keep the cable and your wrist aligned in a straight line throughout the pull. Feel a nice, deep lat stretch at the top.
	<u>Snatch-Grip RDL</u>	N/A	2-3	2	8					~6	~6-7	~3-4 min	<u>DB RDL</u>	<u>Nordic Ham Curl</u>	The RPE is intentionally low here because these will cause a lot of muscle damage. Don't be tempted to go too heavy. 1 second pause at the bottom of each rep. To keep tension on the hamstrings, stop about 75% of the way to full lockout on each rep (i.e. stay in the bottom 3/4 of the range of motion).
	<u>Chest-Supported Machine Row</u>	Long-length Partial (on all reps of the last set)	1-2	3	8-10					~9	10	~2-3 min	<u>Chest-Supported T-Bar Row</u>	<u>Helms Row</u>	Flare elbows out at roughly 45° and squeeze your shoulder blades together hard at the top of each rep.
	<u>Straight-Bar Lat Prayer</u>	Long-length Partial (on all reps of the last set)	1	3	12-15					~9-10	10	~1-2 min	<u>Machine Lat Pullover</u>	<u>DB Lat Pullover</u>	Lean forward to get a big stretch on the lats at the top of the ROM and then stand upright as you squeeze your lats at the bottom.
	<u>Hammer Preacher Curl</u>	N/A	1	3	10-12					~9-10	10	~1-2 min	<u>Fat-Grip Preacher Curl</u>	<u>Hammer Curl</u>	These will target the brachialis and forearms hard. Squeeze the dumbbell hard in the middle of the handle and curl about 3/4 of the way up (i.e. stay in the bottom 3/4 of the curl).
	<u>Lying Paused Rope Face Pull</u>	N/A	1	3	10-12					~9-10	10	~1-2 min	<u>Rope Face Pull</u>	<u>Bent-Over Reverse DB Flye</u>	Pause for 1-2 seconds in the squeeze of each rep. Contract the rear delts hard!



WEEK 3	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
PUSH #1	<u>Cuffed Behind-The-Back Lateral Raise</u>	Myo-reps	1-2	3	10-12					~9-10	10	~1-2 min	<u>Cross-Body Cable Y-Raise</u>	<u>DB Lateral Raise</u>	Raise the cables up and out in a "Y" motion. Really try to connect with the middle delt fibers as you sweep the weight up and out.
	<u>Low Incline Smith Machine Press</u>	Pec Static Stretch (30 sec hold)	2-3	4	8-10					~8-9	~9-10	~2-3 min	<u>Low Incline Machine Press</u>	<u>Low Incline DB Press</u>	Set the bench at a ~15° incline. 1 second pause on the chest on each rep while maintaining tension on the pecs.
	<u>Pec Deck (w/ Integrated Partial)</u>	Integrated Partial (on all sets)	1	3	12-15					~8-9	10	~1-2 min	<u>Bent-Over Cable Pec Flye (w/ Integrated Partial)</u>	<u>DB Flye (w/ Integrated Partial)</u>	Set up the pec deck to allow for maximum stretch. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/bottom half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps and an RPE of 9-10.
	<u>Overhead Cable Triceps Extension (Bar)</u>	Dropset	1	3	8					~9-10	10	~1-2 min	<u>Overhead Cable Triceps Extension (Rope)</u>	<u>DB Skull Crusher</u>	Feel a nasty stretch on the triceps throughout the entire negative. Pause for 1 second in the stretch part of each rep.
	<u>Triceps Pressdown (Bar)</u>	Dropset	1	2	8-10					~9-10	10	~1-2 min	<u>Triceps Pressdown (Rope)</u>	<u>Close-Grip Assisted Dip</u>	These are meant to be fairly heavy, which is why we're using a bar instead of a rope. Aim to add some weight week to week at the set rep target. Always keep the form tight as you overload the triceps.
	<u>Cable Crunch</u>	Myo-reps	1	3	10-12					~9-10	10	~1-2 min	<u>Machine Crunch</u>	<u>Plate-Weighted Crunch</u>	Round your lower back as you crunch. Maintain a mind-muscle connection with your 6-pack.
OPTIONAL REST DAY															

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						SET 1	SET 2	SET 3	SET 4						
LEGS #1	<u>Seated Leg Curl</u>	N/A	1-2	3	8-10					~9	10	~2-3 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lean forward over the machine to get a maximum stretch in your hamstrings.
	<u>Machine Hip Adduction</u>	N/A	1	3	10-12					~9	10	~1-2 min	<u>Cable Hip Adduction</u>	<u>Copenhagen Hip Adduction</u>	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!
	<u>Hack Squat</u>	N/A	2-4	3	4, 6, 8					~9	~9	~3-5 min	<u>Machine Squat</u>	<u>Front Squat</u>	We're using a reverse pyramid on this exercise. Warm-up as usual to your first working set for 4 reps. This first set will be your heaviest set. Then for set 2, drop the weight back ~10-15% and do 6 reps. Then for set 3, drop the weight back another 10-15% and do 8 reps.
	<u>Leg Extension</u>	Long-length Partial (on all reps of the last set)	1-2	3	10-12					~9	10	~1-2 min	<u>DB Step-Up</u>	<u>Reverse Nordic</u>	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative.
	<u>Leg Press Calf Press</u>	Calf Static Stretch (30 sec)	1	3	12-15					~9-10	10	~1-2 min	<u>Donkey Calf Raise</u>	<u>Seated Calf Raise</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.

WEEK 3	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
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ARMS & WEAK POINTS #1	Weak Point Exercise 1	N/A	1-3	3	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	2	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>Bayesian Cable Curl</u>	Long-length Partials (on all reps of the last set)	1	3	10-12					~9-10	10	~1-2 min	<u>DB Incline Curl</u>	<u>DB Scott Curl</u>	If you have a left-right bicep size imbalance, do these 1 arm at a time, starting with the weaker arm. Take the weaker arm to an RPE of 9-10. Then match the reps with the other arm (stop once you've matched the reps, even if the RPE is lower). If you don't have a size imbalance, do these both arms at the same time.
	<u>Seated DB French Press</u>	N/A	1	3	10					~9-10	10	~1-2 min	<u>EZ-bar Skull Crusher</u>	<u>DB Skull Crusher</u>	Place both palms under the head of a dumbbell and perform overhead extensions. Feel a deep stretch on your triceps at the bottom. Avoid pausing at the top of each rep.
	<u>Bottom-2/3 Constant Tension Preacher Curl</u>	N/A	1	2	12-15					~9-10	10	~1-2 min	<u>Bottom-2/3 EZ-Bar Curl</u>	<u>Spider Curl</u>	Stay in the bottom 2/3 of the curl. Don't squeeze all the way up to the top. Keep your triceps firmly pinned against the pad as you curl. No pausing at the top or bottom: constant tension on the biceps!
	<u>Cable Triceps Kickback</u>	N/A	0	2	12-15					~9-10	10	~1-2 min	<u>Bench Dip</u>	<u>DB Triceps Kickback</u>	There are two ways you can do this: upright or bent over. Choose the one that feels more comfortable for you. The main thing is that when you're in the full squeeze, your shoulder should be positioned back behind your torso.
	<u>Roman Chair Leg Raise</u>	N/A	0	3	10-20					~9-10	10	~1-2 min	<u>Hanging Leg Raise</u>	<u>Reverse Crunch</u>	Allow your lower back to round as you curl your legs up. 10-20 reps is a broad range on purpose: just go until you hit RPE 9-10 (0-1 reps shy of failure) with controlled form.
MANDATORY REST DAY															

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						SET 1	SET 2	SET 3	SET 4						
PULL #2 (MID-BACK FOCUSED)	<u>Super-ROM Overhand Cable Row</u>	N/A	1-2	3	10-12					~9	10	~1-2 min	<u>Overhand Machine Row</u>	<u>Arm-Out Single-Arm DB Row</u>	Set up a wide grip pulldown bar on a seated cable row. Using a double overhand grip, perform rows while leaning forward on the negative and then extend your torso to be upright as you finish the row.
	<u>Arms-Extended 45° Hyperextension</u>	N/A	1	2	10-20					~9	~9-10	~2-3 min	<u>Prisoner 45° Hyperextension</u>	<u>Good Morning (Light Weight)</u>	Keep your arms extended out at 45° as you do back extensions. You should feel a crazy burn in your mid-back and lower back.
	<u>Lean-Back Lat Pulldown</u>	Dropset	1-2	3	10-12					~9	10	~2-3 min	<u>Lean-Back Machine Pulldown</u>	<u>Medium-Grip Pull Up</u>	Initiate the pulldown with a straight up posture. As you pull the bar down, lean back by about 15-30° to get the mid-back more involved. Softly touch the bar to your chest on every rep and, even though you're leaning back, still control the weight!
	<u>Inverse DB Zottman Curl</u>	N/A	1	3	10-12					~9-10	10	~1-2 min	<u>Slow-Eccentric DB Curl</u>	<u>Hammer Curl</u>	Do a hammer curl on the positive, then turn your palms facing up at the top and use a palms-up grip on the negative.
	<u>Cable Reverse Flye (Mechanical Dropset)</u>	Mechanical Dropset (on all sets)	0	3	5,4,3+					~9-10	10	~1-2 min	<u>Reverse Pec Deck</u>	<u>Bent-Over Reverse DB Flye</u>	You'll probably want to watch the video for this one. Take ~3 big steps back from the cable machine and do your first 5 reps. After those first 5 reps, immediately (without resting) take 1 step forward and do another 4 reps. Then (without resting) take another step forward and do at least another 3 reps (or until you hit RPE 9-10).
	<u>Cable Paused Shrug-In</u>	N/A	1	3	10-12					~9-10	10	~1-2 min	<u>Machine Shrug</u>	<u>DB Shrug</u>	Shrug up and in. Think about shrugging "up to your ears". 1-2 second pause in the squeeze (at the top) of each rep, then another 1-2 second pause in the stretch (at the bottom) of each rep.



WEEK 3	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
PUSH #2	<u>Machine Shoulder Press</u>	Dropset	2-3	3	10-12					~9	10	~1-2 min	<u>Cable Shoulder Press</u>	<u>Seated DB Shoulder Press</u>	Ensure that your elbows break at least 90°. Mind-muscle connection with your delts. Smooth, controlled reps.
	<u>Cross-Body Cable Y-Raise</u>	N/A	1	3	10-12					~9	10	~2-3 min	<u>Machine Lateral Raise</u>	<u>DB Lateral Raise</u>	Think about "drawing a sword" as you do the positive. Sweep your arm up, out and across your body. It may take a few weeks to get used to these if you haven't done them before, but once they click, they really click.
	<u>Paused Assisted Dip</u>	N/A	2	3	8-10					~8-9	10	~2-3 min	<u>Decline Machine Chest Press</u>	<u>Decline Barbell Press</u>	Slow 2-3 second negative. 1-2 second pause at the bottom. Explode with control on the way up. Go as deep as your shoulders comfortably allow, trying to at least break a 90° elbow angle.
	<u>Low-Incline Dumbbell Flye</u>	Long-length Partial (on all reps of the last set)	1	2	15-20					~9	10	~2-3 min	<u>Low-To-High Cable Crossover</u>	<u>Pec Deck</u>	Focus on feeling a deep stretch in your pecs at the bottom of each rep. Keep the dumbbells in the bottom ~3/4 of the range of motion as there will be no tension on the pecs at the top. We are including these because the dumbbells' resistance profile really accentuates the stretch.
	<u>Katana Triceps Extension</u>	N/A	1	3	10-12					~9-10	10	~2-3 min	<u>Overhead Cable Triceps Extension (Rope)</u>	<u>DB French Press</u>	Flare your elbows out at about 45° and keep your elbows locked in place as you complete the extensions.
	<u>Ab Wheel Rollout</u>	N/A	0	3	10-20					~9	~9-10	~1-2 min	<u>Swiss Ball Rollout</u>	<u>LLPT Plank</u>	Don't just bend at your hips, use your abs to lower yourself down under control and pull yourself back up. If you don't have the core strength to get all the way extended at the bottom, try to progressively increase the ROM week to week.
OPTIONAL REST DAY															



WEEK 3	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
LEGS #2	<u>Lying Leg Curl</u>	Long-length Partial (on all reps of the last set)	1-2	3	8-10					~9	10	~1-2 min	<u>Seated Leg Curl</u>	<u>Nordic Ham Curl</u>	Set the machine so that you get the biggest stretch possible at the bottom. Prevent your butt from popping up as you curl.
	<u>Leg Press</u>	N/A	2-4	3	8					~8-9	~8-9	~1-2 min	<u>Belt Squat</u>	<u>High-Bar Back Squat</u>	Feet lower on the platform for more quad focus. Get as deep as you can without excessive back rounding. Control the negative and do a slight pause at the bottom of each rep. Try to add a little weight each week at the same rep count.
	<u>Smith Machine Lunge</u>	N/A	2-3	2	8					~8-9	~9-10	~3-4 min	<u>Barbell Lunge</u>	<u>DB Step Up</u>	2 sets each leg. Minimize contribution from the back leg. Mind-muscle connection with your glutes here!
	<u>A1: Machine Hip Adduction</u>	N/A	1	3	10-12					~9-10	10	~0.5-1 min	<u>Cable Hip Adduction</u>	<u>Copenhagen Hip Adduction</u>	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!
	<u>A2: Sissy Squat</u>	N/A	1	3	10-12					~7-8	~7-8	~0.5-1 min	<u>Leg Extension</u>	<u>Goblet Squat</u>	Allow yourself to come up onto your toes and push your knees forward past your toes. This is safe for the knees. If you feel knee pain doing them, though, feel free to go with a substitution. They may feel awkward at first, but they're really underrated for the quads! Don't give up on them too quickly.
	<u>Standing Calf Raise</u>	Calf Static Stretch (30 sec hold)	1	3	10-12					~9-10	10	~1-2 min	<u>Leg Press Calf Press</u>	<u>Donkey Calf Raise</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.

WEEK 3	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS #2	Weak Point Exercise 1	N/A	1-3	3	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	2	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>Cable Skull Crusher</u>	N/A	1	3	10-12					~8-9	10	~1-2 min	<u>EZ-Bar Skull Crusher</u>	<u>DB Skull Crusher</u>	Allow the cable to move back behind your head for maximum stretch on the triceps. Reach full extension with your elbows still around eye level at the top.
	<u>Kneeling Overhead Cable Curl</u>	N/A	1	3	10-12					~9-10	10	~1-2 min	<u>Overhead Cable Curl</u>	<u>Spider Curl</u>	Kneel down, stick your arm straight out to the side and do cable curls. You should feel a tight squeeze at the top of each rep on these.
	<u>Triceps Diverging Pressdown (Long Rope or 2 Ropes)</u>	N/A	1	2	12-15					~9-10	10	~1-2 min	<u>Cable Triceps Kickback</u>	<u>DB Triceps Kickback</u>	Use two long ropes or one long rope. Lean slightly forward, flare your elbows slightly out and keep your arms back in line with your torso. Then do triceps pressdowns, getting a full, big squeeze at the bottom.
	<u>Incline DB Stretch-Curl</u>	N/A	1	2	12-15					~9-10	10	~1-2 min	<u>DB Incline Curl</u>	<u>Bayesian Cable Curl</u>	Keep your upper back planted against the bench, rotate your arms outward until you feel a massive stretch in your biceps. Go light on these and instead focus on feeling your biceps pull and squeeze.
	<u>Cable Crunch</u>	N/A	1	3	10-12					~9-10	10	~1-2 min	<u>Machine Crunch</u>	<u>Plate-Weighted Crunch</u>	Round your lower back as you crunch. Maintain a mind-muscle connection with your 6-pack.
MANDATORY REST DAY															

WEEK 4	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
PULL #1 (LAT FOCUSED)	<u>Cross-Body Lat Pull-Around</u>	Long-length Partial (on all reps of the last set)	1	3	10-12					~9	10	~2-3 min	<u>Half-Kneeling 1-Arm Lat Pulldown</u>	<u>Neutral-Grip Pullup</u>	Try to keep the cable and your wrist aligned in a straight line throughout the pull. Feel a nice, deep lat stretch at the top.
	<u>Snatch-Grip RDL</u>	N/A	2-3	2	8					~6	~6-7	~3-4 min	<u>DB RDL</u>	<u>Nordic Ham Curl</u>	The RPE is intentionally low here because these will cause a lot of muscle damage. Don't be tempted to go too heavy. 1 second pause at the bottom of each rep. To keep tension on the hamstrings, stop about 75% of the way to full lockout on each rep (i.e. stay in the bottom 3/4 of the range of motion).
	<u>Chest-Supported Machine Row</u>	Long-length Partial (on all reps of the last set)	1-2	3	8-10					~9	10	~2-3 min	<u>Chest-Supported T-Bar Row</u>	<u>Helms Row</u>	Flare elbows out at roughly 45° and squeeze your shoulder blades together hard at the top of each rep.
	<u>Straight-Bar Lat Prayer</u>	Long-length Partial (on all reps of the last set)	1	3	12-15					~9-10	10	~1-2 min	<u>Machine Lat Pullover</u>	<u>DB Lat Pullover</u>	Lean forward to get a big stretch on the lats at the top of the ROM and then stand upright as you squeeze your lats at the bottom.
	<u>Hammer Preacher Curl</u>	N/A	1	3	10-12					~9-10	10	~1-2 min	<u>Fat-Grip Preacher Curl</u>	<u>Hammer Curl</u>	These will target the brachialis and forearms hard. Squeeze the dumbbell hard in the middle of the handle and curl about 3/4 of the way up (i.e. stay in the bottom 3/4 of the curl).
	<u>Lying Paused Rope Face Pull</u>	N/A	1	3	10-12					~9-10	10	~1-2 min	<u>Rope Face Pull</u>	<u>Bent-Over Reverse DB Flye</u>	Pause for 1-2 seconds in the squeeze of each rep. Contract the rear delts hard!

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						SET 1	SET 2	SET 3	SET 4						
PUSH #1	<u>Cuffed Behind-The-Back Lateral Raise</u>	Myo-reps	1-2	3	10-12					~9-10	10	~1-2 min	<u>Cross-Body Cable Y-Raise</u>	<u>DB Lateral Raise</u>	Raise the cables up and out in a "Y" motion. Really try to connect with the middle delt fibers as you sweep the weight up and out.
	<u>Low Incline Smith Machine Press</u>	Pec Static Stretch (30 sec hold)	2-3	4	8-10					~8-9	~9-10	~2-3 min	<u>Low Incline Machine Press</u>	<u>Low Incline DB Press</u>	Set the bench at a ~15° incline. 1 second pause on the chest on each rep while maintaining tension on the pecs.
	<u>Pec Deck (w/ Integrated Partial)</u>	Integrated Partial (on all sets)	1	3	12-15					~8-9	10	~1-2 min	<u>Bent-Over Cable Pec Flye (w/ Integrated Partial)</u>	<u>DB Flye (w/ Integrated Partial)</u>	Set up the pec deck to allow for maximum stretch. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/bottom half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps and an RPE of 9-10.
	<u>Overhead Cable Triceps Extension (Bar)</u>	Dropset	1	3	8					~9-10	10	~1-2 min	<u>Overhead Cable Triceps Extension (Rope)</u>	<u>DB Skull Crusher</u>	Feel a nasty stretch on the triceps throughout the entire negative. Pause for 1 second in the stretch part of each rep.
	<u>Smith Machine JM Press</u>	N/A	1-2	3	15-20					~8-9	10	~2-3 min	<u>Barbell JM Press</u>	<u>Close-Grip Bench Press</u>	Lower the bar down to your chin. Think of the movement as a combination of a skull crusher and a close-grip bench press.
	<u>Cable Crunch</u>	Myo-reps	1	3	10-12					~9-10	10	~1-2 min	<u>Machine Crunch</u>	<u>Plate-Weighted Crunch</u>	Round your lower back as you crunch. Maintain a mind-muscle connection with your 6-pack.
OPTIONAL REST DAY															

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						SET 1	SET 2	SET 3	SET 4						
LEGS #1	<u>Seated Leg Curl</u>	N/A	1-2	3	8-10					~9	10	~2-3 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lean forward over the machine to get a maximum stretch in your hamstrings.
	<u>Machine Hip Adduction</u>	N/A	1	3	10-12					~9	10	~1-2 min	<u>Cable Hip Adduction</u>	<u>Copenhagen Hip Adduction</u>	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!
	<u>Hack Squat</u>	N/A	2-4	3	4, 6, 8					~9	~9	~3-5 min	<u>Machine Squat</u>	<u>Front Squat</u>	We're using a reverse pyramid on this exercise. Warm-up as usual to your first working set for 4 reps. This first set will be your heaviest set. Then for set 2, drop the weight back ~10-15% and do 6 reps. Then for set 3, drop the weight back another 10-15% and do 8 reps.
	<u>Leg Extension</u>	Long-length Partial (on all reps of the last set)	1-2	3	10-12					~9	10	~1-2 min	<u>DB Step-Up</u>	<u>Reverse Nordic</u>	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative.
	<u>Leg Press Calf Press</u>	Calf Static Stretch (30 sec)	1	3	12-15					~9-10	10	~1-2 min	<u>Donkey Calf Raise</u>	<u>Seated Calf Raise</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.



WEEK 4	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS #1	Weak Point Exercise 1	N/A	1-3	3	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	2	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>Bayesian Cable Curl</u>	Long-length Partials (on all reps of the last set)	1	3	10-12					~9-10	10	~1-2 min	<u>DB Incline Curl</u>	<u>DB Scott Curl</u>	If you have a left-right bicep size imbalance, do these 1 arm at a time, starting with the weaker arm. Take the weaker arm to an RPE of 9-10. Then match the reps with the other arm (stop once you've matched the reps, even if the RPE is lower). If you don't have a size imbalance, do these both arms at the same time.
	<u>Seated DB French Press</u>	N/A	1	3	10					~9-10	10	~1-2 min	<u>EZ-bar Skull Crusher</u>	<u>DB Skull Crusher</u>	Place both palms under the head of a dumbbell and perform overhead extensions. Feel a deep stretch on your triceps at the bottom. Avoid pausing at the top of each rep.
	<u>Bottom-2/3 Constant Tension Preacher Curl</u>	N/A	1	2	12-15					~9-10	10	~1-2 min	<u>Bottom-2/3 EZ-Bar Curl</u>	<u>Spider Curl</u>	Stay in the bottom 2/3 of the curl. Don't squeeze all the way up to the top. Keep your triceps firmly pinned against the pad as you curl. No pausing at the top or bottom: constant tension on the biceps!
	<u>Cable Triceps Kickback</u>	N/A	0	2	12-15					~9-10	10	~1-2 min	<u>Bench Dip</u>	<u>DB Triceps Kickback</u>	There are two ways you can do this: upright or bent over. Choose the one that feels more comfortable for you. The main thing is that when you're in the full squeeze, your shoulder should be positioned back behind your torso.
	<u>Roman Chair Leg Raise</u>	N/A	0	3	10-20					~9-10	10	~1-2 min	<u>Hanging Leg Raise</u>	<u>Reverse Crunch</u>	Allow your lower back to round as you curl your legs up. 10-20 reps is a broad range on purpose: just go until you hit RPE 9-10 (0-1 reps shy of failure) with controlled form.
MANDATORY REST DAY															

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PULL #2 (MID-BACK FOCUSED)	<u>Super-ROM Overhand Cable Row</u>	N/A	1-2	3	10-12					~9	10	~1-2 min	<u>Overhand Machine Row</u>	<u>Arm-Out Single-Arm DB Row</u>	Set up a wide grip pulldown bar on a seated cable row. Using a double overhand grip, perform rows while leaning forward on the negative and then extend your torso to be upright as you finish the row.
	<u>Arms-Extended 45° Hyperextension</u>	N/A	1	2	10-20					~9	~9-10	~2-3 min	<u>Prisoner 45° Hyperextension</u>	<u>Good Morning (Light Weight)</u>	Keep your arms extended out at 45° as you do back extensions. You should feel a crazy burn in your mid-back and lower back.
	<u>Lean-Back Lat Pulldown</u>	Dropset	1-2	3	10-12					~9	10	~2-3 min	<u>Lean-Back Machine Pulldown</u>	<u>Medium-Grip Pull Up</u>	Initiate the pulldown with a straight up posture. As you pull the bar down, lean back by about 15-30° to get the mid-back more involved. Softly touch the bar to your chest on every rep and, even though you're leaning back, still control the weight!
	<u>Inverse DB Zottman Curl</u>	N/A	1	3	10-12					~9-10	10	~1-2 min	<u>Slow-Eccentric DB Curl</u>	<u>Hammer Curl</u>	Do a hammer curl on the positive, then turn your palms facing up at the top and use a palms-up grip on the negative.
	<u>Cable Reverse Flye (Mechanical Dropset)</u>	Mechanical Dropset (on all sets)	0	3	5,4,3+					~9-10	10	~1-2 min	<u>Reverse Pec Deck</u>	<u>Bent-Over Reverse DB Flye</u>	You'll probably want to watch the video for this one. Take ~3 big steps back from the cable machine and do your first 5 reps. After those first 5 reps, immediately (without resting) take 1 step forward and do another 4 reps. Then (without resting) take another step forward and do at least another 3 reps (or until you hit RPE 9-10).
	<u>Cable Paused Shrug-In</u>	N/A	1	3	10-12					~9-10	10	~1-2 min	<u>Machine Shrug</u>	<u>DB Shrug</u>	Shrug up and in. Think about shrugging "up to your ears". 1-2 second pause in the squeeze (at the top) of each rep, then another 1-2 second pause in the stretch (at the bottom) of each rep.

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						SET 1	SET 2	SET 3	SET 4						
PUSH #2	<u>Machine Shoulder Press</u>	Dropset	2-3	3	10-12					~9	10	~1-2 min	<u>Cable Shoulder Press</u>	<u>Seated DB Shoulder Press</u>	Ensure that your elbows break at least 90°. Mind-muscle connection with your delts. Smooth, controlled reps.
	<u>Cross-Body Cable Y-Raise</u>	N/A	1	3	10-12					~9	10	~2-3 min	<u>Machine Lateral Raise</u>	<u>DB Lateral Raise</u>	Think about "drawing a sword" as you do the positive. Sweep your arm up, out and across your body. It may take a few weeks to get used to these if you haven't done them before, but once they click, they really click.
	<u>Paused Assisted Dip</u>	N/A	2	3	8-10					~8-9	10	~2-3 min	<u>Decline Machine Chest Press</u>	<u>Decline Barbell Press</u>	Slow 2-3 second negative. 1-2 second pause at the bottom. Explode with control on the way up. Go as deep as your shoulders comfortably allow, trying to at least break a 90° elbow angle.
	<u>Low-Incline Dumbbell Flye</u>	Long-length Partial (on all reps of the last set)	1	2	15-20					~9	10	~2-3 min	<u>Low-To-High Cable Crossover</u>	<u>Pec Deck</u>	Focus on feeling a deep stretch in your pecs at the bottom of each rep. Keep the dumbbells in the bottom ~3/4 of the range of motion as there will be no tension on the pecs at the top. We are including these because the dumbbells' resistance profile really accentuates the stretch.
	<u>Katana Triceps Extension</u>	N/A	1	3	10-12					~9-10	10	~2-3 min	<u>Overhead Cable Triceps Extension (Rope)</u>	<u>DB French Press</u>	Flare your elbows out at about 45° and keep your elbows locked in place as you complete the extensions.
	<u>Ab Wheel Rollout</u>	N/A	0	3	10-20					~9	~9-10	~1-2 min	<u>Swiss Ball Rollout</u>	<u>LLPT Plank</u>	Don't just bend at your hips, use your abs to lower yourself down under control and pull yourself back up. If you don't have the core strength to get all the way extended at the bottom, try to progressively increase the ROM week to week.
OPTIONAL REST DAY															

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LEGS #2	<u>Lying Leg Curl</u>	Long-length Partial (on all reps of the last set)	1-2	3	8-10					~9	10	~1-2 min	<u>Seated Leg Curl</u>	<u>Nordic Ham Curl</u>	Set the machine so that you get the biggest stretch possible at the bottom. Prevent your butt from popping up as you curl.
	<u>Leg Press</u>	N/A	2-4	3	8					~8-9	~8-9	~1-2 min	<u>Belt Squat</u>	<u>High-Bar Back Squat</u>	Feet lower on the platform for more quad focus. Get as deep as you can without excessive back rounding. Control the negative and do a slight pause at the bottom of each rep. Try to add a little weight each week at the same rep count.
	<u>Smith Machine Lunge</u>	N/A	2-3	2	8					~8-9	~9-10	~3-4 min	<u>Barbell Lunge</u>	<u>DB Step Up</u>	2 sets each leg. Minimize contribution from the back leg. Mind-muscle connection with your glutes here!
	<u>A1: Machine Hip Adduction</u>	N/A	1	3	10-12					~9-10	10	~0.5-1 min	<u>Cable Hip Adduction</u>	<u>Copenhagen Hip Adduction</u>	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!
	<u>A2: Sissy Squat</u>	N/A	1	3	10-12					~7-8	~7-8	~0.5-1 min	<u>Leg Extension</u>	<u>Goblet Squat</u>	Allow yourself to come up onto your toes and push your knees forward past your toes. This is safe for the knees. If you feel knee pain doing them, though, feel free to go with a substitution. They may feel awkward at first, but they're really underrated for the quads! Don't give up on them too quickly.
	<u>Standing Calf Raise</u>	Calf Static Stretch (30 sec hold)	1	3	10-12					~9-10	10	~1-2 min	<u>Leg Press Calf Press</u>	<u>Donkey Calf Raise</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.



WEEK 4	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS #2	Weak Point Exercise 1	N/A	1-3	3	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	2	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>Cable Skull Crusher</u>	N/A	1	3	10-12					~8-9	10	~1-2 min	<u>EZ-Bar Skull Crusher</u>	<u>DB Skull Crusher</u>	Allow the cable to move back behind your head for maximum stretch on the triceps. Reach full extension with your elbows still around eye level at the top.
	<u>Kneeling Overhead Cable Curl</u>	N/A	1	3	10-12					~9-10	10	~1-2 min	<u>Overhead Cable Curl</u>	<u>Spider Curl</u>	Kneel down, stick your arm straight out to the side and do cable curls. You should feel a tight squeeze at the top of each rep on these.
	<u>Triceps Diverging Pressdown (Long Rope or 2 Ropes)</u>	N/A	1	2	12-15					~9-10	10	~1-2 min	<u>Cable Triceps Kickback</u>	<u>DB Triceps Kickback</u>	Use two long ropes or one long rope. Lean slightly forward, flare your elbows slightly out and keep your arms back in line with your torso. Then do triceps pressdowns, getting a full, big squeeze at the bottom.
	<u>Incline DB Stretch-Curl</u>	N/A	1	2	12-15					~9-10	10	~1-2 min	<u>DB Incline Curl</u>	<u>Bayesian Cable Curl</u>	Keep your upper back planted against the bench, rotate your arms outward until you feel a massive stretch in your biceps. Go light on these and instead focus on feeling your biceps pull and squeeze.
	<u>Cable Crunch</u>	N/A	1	3	10-12					~9-10	10	~1-2 min	<u>Machine Crunch</u>	<u>Plate-Weighted Crunch</u>	Round your lower back as you crunch. Maintain a mind-muscle connection with your 6-pack.
MANDATORY REST DAY															



SEMI-DELOAD WEEK: AVOID FAILURE AND TRAIN LIGHTER THIS WEEK TO PROMOTE RECOVERY AND TO PREPARE FOR THE NEXT 5 WEEKS!															
WEEK 5	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
PULL #1 (LAT FOCUSED)	<u>Cross-Body Lat Pull-Around</u>	Long-length Partial (on all reps of the last set)	1	2	10-12					~7	8	~2-3 min	<u>Half-Kneeling 1-Arm Lat Pulldown</u>	<u>Neutral-Grip Pullup</u>	Try to keep the cable and your wrist aligned in a straight line throughout the pull. Feel a nice, deep lat stretch at the top.
	<u>Snatch-Grip RDL</u>	N/A	2-3	2	8					~5	~5-6	~3-4 min	<u>DB RDL</u>	<u>Nordic Ham Curl</u>	The RPE is intentionally low here because these will cause a lot of muscle damage. Don't be tempted to go too heavy. 1 second pause at the bottom of each rep. To keep tension on the hamstrings, stop about 75% of the way to full lockout on each rep (i.e. stay in the bottom 3/4 of the range of motion).
	<u>Chest-Supported Machine Row</u>	Long-length Partial (on all reps of the last set)	1-2	2	8-10					~7	8	~2-3 min	<u>Chest-Supported T-Bar Row</u>	<u>Helms Row</u>	Flare elbows out at roughly 45° and squeeze your shoulder blades together hard at the top of each rep.
	<u>Straight-Bar Lat Prayer</u>	Long-length Partial (on all reps of the last set)	1	2	12-15					~7-8	8	~1-2 min	<u>Machine Lat Pullover</u>	<u>DB Lat Pullover</u>	Lean forward to get a big stretch on the lats at the top of the ROM and then stand upright as you squeeze your lats at the bottom.
	<u>Hammer Preacher Curl</u>	N/A	1	2	10-12					~7-8	8	~1-2 min	<u>Fat-Grip Preacher Curl</u>	<u>Hammer Curl</u>	These will target the brachialis and forearms hard. Squeeze the dumbbell hard in the middle of the handle and curl about 3/4 of the way up (i.e. stay in the bottom 3/4 of the curl).
	<u>Lying Paused Rope Face Pull</u>	N/A	1	2	10-12					~7-8	8	~1-2 min	<u>Rope Face Pull</u>	<u>Bent-Over Reverse DB Flye</u>	Pause for 1-2 seconds in the squeeze of each rep. Contract the rear delts hard!

WEEK 5	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
PUSH #1	<u>Cuffed Behind-The-Back Lateral Raise</u>	Myo-reps	1-2	2	10-12					~7-8	~8	~1-2 min	<u>Cross-Body Cable Y-Raise</u>	<u>DB Lateral Raise</u>	Raise the cables up and out in a "Y" motion. Really try to connect with the middle delt fibers as you sweep the weight up and out.
	<u>Low Incline Smith Machine Press</u>	Pec Static Stretch (30 sec hold)	2-3	3	8-10					~6-7	~8	~2-3 min	<u>Low Incline Machine Press</u>	<u>Low Incline DB Press</u>	Set the bench at a ~15° incline. 1 second pause on the chest on each rep while maintaining tension on the pecs.
	<u>Pec Deck (w/ Integrated Partial)</u>	Integrated Partial (on all sets)	1	2	12-15					~7-8	~7-8	~1-2 min	<u>Bent-Over Cable Pec Flye (w/ Integrated Partial)</u>	<u>DB Flye (w/ Integrated Partial)</u>	Set up the pec deck to allow for maximum stretch. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/bottom half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps and an RPE of 9-10.
	<u>Overhead Cable Triceps Extension (Bar)</u>	Dropset	1	2	8					~7-8	~8	~1-2 min	<u>Overhead Cable Triceps Extension (Rope)</u>	<u>DB Skull Crusher</u>	Feel a nasty stretch on the triceps throughout the entire negative. Pause for 1 second in the stretch part of each rep.
	<u>Triceps Pressdown (Bar)</u>	N/A	1	1	8-10					~7-8	~8	~1-2 min	<u>Triceps Pressdown (Rope)</u>	<u>Close-Grip Assisted Dip</u>	These are meant to be fairly heavy, which is why we're using a bar instead of a rope. Aim to add some weight week to week at the set rep target. Always keep the form tight as you overload the triceps.
	<u>Cable Crunch</u>	Myo-reps	1	2	10-12					~7-8	~8	~1-2 min	<u>Machine Crunch</u>	<u>Plate-Weighted Crunch</u>	Round your lower back as you crunch. Maintain a mind-muscle connection with your 6-pack.
OPTIONAL REST DAY															

WEEK 5	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
LEGS #1	<u>Seated Leg Curl</u>	N/A	1-2	2	8-10					~7	~8	~2-3 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lean forward over the machine to get a maximum stretch in your hamstrings.
	<u>Machine Hip Adduction</u>	N/A	1	2	10-12					~7	~8	~1-2 min	<u>Cable Hip Adduction</u>	<u>Copenhagen Hip Adduction</u>	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!
	<u>Hack Squat</u>	N/A	2-4	2	4, 6, 8					~7	~7	~3-5 min	<u>Machine Squat</u>	<u>Front Squat</u>	We're using a reverse pyramid on this exercise. Warm-up as usual to your first working set for 4 reps. This first set will be your heaviest set. Then for set 2, drop the weight back ~10-15% and do 6 reps. Then for set 3, drop the weight back another 10-15% and do 8 reps.
	<u>Leg Extension</u>	Long-length Partial (on all reps of the last set)	1-2	2	10-12					~7	~8	~1-2 min	<u>DB Step-Up</u>	<u>Reverse Nordic</u>	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative.
	<u>Leg Press Calf Press</u>	Calf Static Stretch (30 sec)	1	2	12-15					~7-8	~8	~1-2 min	<u>Donkey Calf Raise</u>	<u>Seated Calf Raise</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.

WEEK 5	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS #1	Weak Point Exercise 1	N/A	1-3	3	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	2	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>Bayesian Cable Curl</u>	Long-length Partials (on all reps of the last set)	1	2	10-12					~7-8	~8	~1-2 min	<u>DB Incline Curl</u>	<u>DB Scott Curl</u>	If you have a left-right bicep size imbalance, do these 1 arm at a time, starting with the weaker arm. Take the weaker arm to an RPE of 9-10. Then match the reps with the other arm (stop once you've matched the reps, even if the RPE is lower). If you don't have a size imbalance, do these both arms at the same time.
	<u>Seated DB French Press</u>	N/A	1	2	10					~7-8	~8	~1-2 min	<u>EZ-bar Skull Crusher</u>	<u>DB Skull Crusher</u>	Place both palms under the head of a dumbbell and perform overhead extensions. Feel a deep stretch on your triceps at the bottom. Avoid pausing at the top of each rep.
	<u>Bottom-2/3 Constant Tension Preacher Curl</u>	N/A	1	2	12-15					~7-8	~8	~1-2 min	<u>Bottom-2/3 EZ-Bar Curl</u>	<u>Spider Curl</u>	Stay in the bottom 2/3 of the curl. Don't squeeze all the way up to the top. Keep your triceps firmly pinned against the pad as you curl. No pausing at the top or bottom: constant tension on the biceps!
	<u>Cable Triceps Kickback</u>	N/A	0	2	12-15					~7-8	~8	~1-2 min	<u>Bench Dip</u>	<u>DB Triceps Kickback</u>	There are two ways you can do this: upright or bent over. Choose the one that feels more comfortable for you. The main thing is that when you're in the full squeeze, your shoulder should be positioned back behind your torso.
	<u>Roman Chair Leg Raise</u>	N/A	0	2	10-20					~7-8	~8	~1-2 min	<u>Hanging Leg Raise</u>	<u>Reverse Crunch</u>	Allow your lower back to round as you curl your legs up. 10-20 reps is a broad range on purpose: just go until you hit RPE 9-10 (0-1 reps shy of failure) with controlled form.
MANDATORY REST DAY															



SEMI-DELOAD WEEK: AVOID FAILURE AND TRAIN LIGHTER THIS WEEK TO PROMOTE RECOVERY AND TO PREPARE FOR THE NEXT 5 WEEKS!															
WEEK 5	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
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PULL #2 (MID-BACK FOCUSED)	<u>Super-ROM Overhand Cable Row</u>	N/A	1-2	2	10-12					~7	~8	~1-2 min	<u>Overhand Machine Row</u>	<u>Arm-Out Single-Arm DB Row</u>	Set up a wide grip pulldown bar on a seated cable row. Using a double overhand grip, perform rows while leaning forward on the negative and then extend your torso to be upright as you finish the row.
	<u>Arms-Extended 45° Hyperextension</u>	N/A	1	2	10-20					~7	~8	~2-3 min	<u>Prisoner 45° Hyperextension</u>	<u>Good Morning (Light Weight)</u>	Keep your arms extended out at 45° as you do back extensions. You should feel a crazy burn in your mid-back and lower back.
	<u>Lean-Back Lat Pulldown</u>	Dropset	1-2	2	10-12					~7	~8	~2-3 min	<u>Lean-Back Machine Pulldown</u>	<u>Medium-Grip Pull Up</u>	Initiate the pulldown with a straight up posture. As you pull the bar down, lean back by about 15-30° to get the mid-back more involved. Softly touch the bar to your chest on every rep and, even though you're leaning back, still control the weight!
	<u>Inverse DB Zottman Curl</u>	N/A	1	2	10-12					~7-8	~8	~1-2 min	<u>Slow-Eccentric DB Curl</u>	<u>Hammer Curl</u>	Do a hammer curl on the positive, then turn your palms facing up at the top and use a palms-up grip on the negative.
	<u>Cable Reverse Flye (Mechanical Dropset)</u>	Mechanical Dropset (on all sets)	0	2	5,4,3+					~7-8	~8	~1-2 min	<u>Reverse Pec Deck</u>	<u>Bent-Over Reverse DB Flye</u>	You'll probably want to watch the video for this one. Take ~3 big steps back from the cable machine and do your first 5 reps. After those first 5 reps, immediately (without resting) take 1 step forward and do another 4 reps. Then (without resting) take another step forward and do at least another 3 reps (or until you hit RPE 9-10).
	<u>Cable Paused Shrug-In</u>	N/A	1	2	10-12					~7-8	~8	~1-2 min	<u>Machine Shrug</u>	<u>DB Shrug</u>	Shrug up and in. Think about shrugging "up to your ears". 1-2 second pause in the squeeze (at the top) of each rep, then another 1-2 second pause in the stretch (at the bottom) of each rep.



WEEK 5	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
PUSH #2	<u>Machine Shoulder Press</u>	N/A	2-3	2	10-12					~7-8	~8	~1-2 min	<u>Cable Shoulder Press</u>	<u>Seated DB Shoulder Press</u>	Ensure that your elbows break at least 90°. Mind-muscle connection with your delts. Smooth, controlled reps.
	<u>Cross-Body Cable Y-Raise</u>	N/A	1	2	10-12					~7-8	~8	~2-3 min	<u>Machine Lateral Raise</u>	<u>DB Lateral Raise</u>	Think about "drawing a sword" as you do the positive. Sweep your arm up, out and across your body. It may take a few weeks to get used to these if you haven't done them before, but once they click, they really click.
	<u>Paused Assisted Dip</u>	N/A	2	2	8-10					~7-8	~8	~2-3 min	<u>Decline Machine Chest Press</u>	<u>Decline Barbell Press</u>	Slow 2-3 second negative. 1-2 second pause at the bottom. Explode with control on the way up. Go as deep as your shoulders comfortably allow, trying to at least break a 90° elbow angle.
	<u>Low-Incline Dumbbell Flye</u>	Long-length Partial (on all reps of the last set)	1	2	15-20					~9	10	~2-3 min	<u>Low-To-High Cable Crossover</u>	<u>Pec Deck</u>	Focus on feeling a deep stretch in your pecs at the bottom of each rep. Keep the dumbbells in the bottom ~3/4 of the range of motion as there will be no tension on the pecs at the top. We are including these because the dumbbells' resistance profile really accentuates the stretch.
	<u>Katana Triceps Extension</u>	N/A	1	2	10-12					~7-8	~8	~2-3 min	<u>Overhead Cable Triceps Extension (Rope)</u>	<u>DB French Press</u>	Flare your elbows out at about 45° and keep your elbows locked in place as you complete the extensions.
	<u>Ab Wheel Rollout</u>	N/A	0	2	10-20					~7-8	~8	~1-2 min	<u>Swiss Ball Rollout</u>	<u>LLPT Plank</u>	Don't just bend at your hips, use your abs to lower yourself down under control and pull yourself back up. If you don't have the core strength to get all the way extended at the bottom, try to progressively increase the ROM week to week.
OPTIONAL REST DAY															

WEEK 5	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
LEGS #2	<u>Lying Leg Curl</u>	Long-length Partial (on all reps of the last set)	1-2	2	8-10					~7	~8	~1-2 min	<u>Seated Leg Curl</u>	<u>Nordic Ham Curl</u>	Set the machine so that you get the biggest stretch possible at the bottom. Prevent your butt from popping up as you curl.
	<u>Leg Press</u>	N/A	2-4	2	8					~7	~8	~1-2 min	<u>Belt Squat</u>	<u>High-Bar Back Squat</u>	Feet lower on the platform for more quad focus. Get as deep as you can without excessive back rounding. Control the negative and do a slight pause at the bottom of each rep. Try to add a little weight each week at the same rep count.
	<u>Smith Machine Lunge</u>	N/A	2-3	2	8					~8-9	~9-10	~3-4 min	<u>Barbell Lunge</u>	<u>DB Step Up</u>	2 sets each leg. Minimize contribution from the back leg. Mind-muscle connection with your glutes here!
	<u>A1: Machine Hip Adduction</u>	N/A	1	2	10-12					~7	~8	~0.5-1 min	<u>Cable Hip Adduction</u>	<u>Copenhagen Hip Adduction</u>	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!
	<u>A2: Sissy Squat</u>	N/A	1	2	10-12					~7-8	~8	~0.5-1 min	<u>Leg Extension</u>	<u>Goblet Squat</u>	Allow yourself to come up onto your toes and push your knees forward past your toes. This is safe for the knees. If you feel knee pain doing them, though, feel free to go with a substitution. They may feel awkward at first, but they're really underrated for the quads! Don't give up on them too quickly.
	<u>Standing Calf Raise</u>	Calf Static Stretch (30 sec hold)	1	2	10-12					~7-8	~8	~1-2 min	<u>Leg Press Calf Press</u>	<u>Donkey Calf Raise</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.

WEEK 5	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS #2	Weak Point Exercise 1	N/A	1-3	3	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	2	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>Cable Skull Crusher</u>	N/A	1	2	10-12					~7-8	~8	~1-2 min	<u>EZ-Bar Skull Crusher</u>	<u>DB Skull Crusher</u>	Allow the cable to move back behind your head for maximum stretch on the triceps. Reach full extension with your elbows still around eye level at the top.
	<u>Kneeling Overhead Cable Curl</u>	N/A	1	2	10-12					~7-8	~8	~1-2 min	<u>Overhead Cable Curl</u>	<u>Spider Curl</u>	Kneel down, stick your arm straight out to the side and do cable curls. You should feel a tight squeeze at the top of each rep on these.
	<u>Triceps Diverging Pressdown (Long Rope or 2 Ropes)</u>	N/A	1	2	12-15					~7-8	~8	~1-2 min	<u>Cable Triceps Kickback</u>	<u>DB Triceps Kickback</u>	Use two long ropes or one long rope. Lean slightly forward, flare your elbows slightly out and keep your arms back in line with your torso. Then do triceps pressdowns, getting a full, big squeeze at the bottom.
	<u>Incline DB Stretch-Curl</u>	N/A	1	2	12-15					~7-8	~8	~1-2 min	<u>DB Incline Curl</u>	<u>Bayesian Cable Curl</u>	Keep your upper back planted against the bench, rotate your arms outward until you feel a massive stretch in your biceps. Go light on these and instead focus on feeling your biceps pull and squeeze.
	<u>Cable Crunch</u>	N/A	1	2	10-12					~7-8	~8	~1-2 min	<u>Machine Crunch</u>	<u>Plate-Weighted Crunch</u>	Round your lower back as you crunch. Maintain a mind-muscle connection with your 6-pack.
MANDATORY REST DAY															

BLOCK 2: 5-WEEK NOVELTY PHASE															
WEEK 6	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
PULL #1 (LAT FOCUSED)	<u>Lat-Focused Cable Row</u>	Lat Static Stretch (30 sec hold)	1	3	10-12					~9	10	~2-3 min	<u>Half-Kneeling 1-Arm Lat Pulldown</u>	<u>Elbows-In 1-Arm DB Row</u>	Keep your torso locked in a fixed position (don't lean forward on the negative). Drive your elbows down and back to engage the lats. Keep your elbows tucked in to your sides.
	<u>Paused Barbell RDL</u>	N/A	2-3	2	8					~6-7	~7-8	~3-4 min	<u>Paused DB RDL</u>	<u>Glute-Ham Raise</u>	The RPE is intentionally low here because these will cause a lot of muscle damage. Don't be tempted to go too heavy. 1 second pause at the bottom of each rep. To keep tension on the hamstrings, stop about 75% of the way to full lockout on each rep (i.e. stay in the bottom 3/4 of the range of motion).
	<u>Chest-Supported T-Bar Row + Kelso Shrug</u>	N/A	2	3	8-10 + 4-6					~9	10	~2-3 min	<u>Machine Chest-Supported Row + Kelso Shrug</u>	<u>Incline Chest-Supported DB Row + Kelso Shrug</u>	Do 8-10 reps as a normal T-Bar row, driving your elbows back at roughly 45° and squeezing your shoulder blades together. Without resting, do another 4-6 reps as Kelso Shrugs (just squeeze your shoulder blades together without rowing all the way back with your arms).
	<u>1-Arm Lat Pull-In</u>	Long-length Partial (on all reps of the last set)	1	2	12-15					~9-10	10	~1-2 min	<u>Wide-Grip Lat Pulldown</u>	<u>Wide-Grip Band-Assisted Pull-Up</u>	Pull the cable in from the side. Keep a mind-muscle connection with your lats and try to prevent your biceps from taking over. Palpate (feel) your lats with your other hand if that helps you connect with them better.
	<u>N1-Style Short-Head Curl</u>	Long-length Partial (on all reps of the last set)	1	3	10-12					~9-10	10	~1-2 min	<u>DB Concentration Curl</u>	<u>DB Preacher Curl</u>	Brace against your knee with your non-working hand and curl across your body, toward your opposite shoulder.
	<u>Reverse Pec Deck (w/ Integrated Partial)</u>	Integrated Partial (on all sets)	1	3	10-15					~9-10	10	~1-2 min	<u>Reverse Cable Flye (w/ Integrated Partial)</u>	<u>Bent-Over Reverse DB Flye (w/ Integrated Partial)</u>	Sweep the weight out instead of pulling the weight back. Mind-muscle connection with rear delts. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/bottom half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps and an RPE of 9-10.



WEEK 6	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
PUSH #1	<u>Cuffed Behind-The-Back Lateral Raise</u>	Myo-reps	1-2	3	10-12					~9-10	10	~1-2 min	<u>Cross-Body Cable Y-Raise</u>	<u>DB Lateral Raise</u>	Raise the cables up in a "Y" motion. Really try to connect with the middle delt fibers as you sweep the weight up and out.
	<u>Low Incline DB Press</u>	N/A	2-3	3	8-10					~9	10	~2-3 min	<u>Low Incline Machine Press</u>	<u>Low Incline Barbell Press</u>	Set the bench at a ~15° incline. Do a slight elbow tuck on the negative and then flare as you push (assuming this doesn't bother your shoulders). Nice, smooth reps here. No pausing at the top or bottom: constant tension on the pecs!
	<u>Dual-Cable Triceps Press</u>	N/A	1-2	3	10-12					~8-9	10	~2-3 min	<u>Overhead Cable Triceps Extension (Bar)</u>	<u>DB Skull Crusher</u>	Hold the cables without a handle and get them into position just above your shoulders (around chin level). Press the weight forward (straight out in front of you), not up overhead like in a standard overhead triceps extension.
	<u>Bent-Over Cable Pec Flye (w/ Integrated Partial)</u>	Integrated Partial (on all sets)	1	3	12-15					~8-9	10	~1-2 min	<u>Pec Deck (w/ Integrated Partial)</u>	<u>DB Flye (w/ Integrated Partial)</u>	Lean forward until your torso is parallel with the floor, flye straight out and down toward the floor. Stretch and squeeze the pecs! Stay locked in.
	<u>Deficit Pushup</u>	N/A	1	1	AMRAP					N/A	10	~1-2 min	<u>Close-Grip Push Up</u>	<u>Bodyweight Dip</u>	Slow negative with a deep stretch at the bottom of each rep before exploding back up on the positive.
	<u>Cable Crunch</u>	Myo-reps	1	3	10-12					~9-10	10	~1-2 min	<u>Machine Crunch</u>	<u>Plate-Weighted Crunch</u>	Round your lower back as you crunch. Maintain a mind-muscle connection with your 6-pack.
OPTIONAL REST DAY															



WEEK 6	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
LEGS #1	<u>Seated Leg Curl</u>	N/A	1-2	3	8-10					~9	10	~2-3 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lean forward over the machine to get a maximum stretch in your hamstrings.
	<u>Machine Hip Adduction</u>	N/A	1	3	10-12					~9	10	~1-2 min	<u>Cable Hip Adduction</u>	<u>Copenhagen Hip Adduction</u>	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!
	<u>Smith Machine Squat</u>	N/A	2-4	3	4, 6, 8					~9	~9	~3-5 min	<u>Machine Squat</u>	<u>DB Bulgarian Split Squat</u>	We're using a reverse pyramid on this exercise. Warm-up as usual to your first working set for 4 reps. This first set will be your heaviest set. Then for set 2, drop the weight back ~10-15% and do 6 reps. Then for set 3, drop the weight back another 10-15% and do 8 reps.
	<u>Leg Extension</u>	Long-length Partial (on all reps of the last set)	1-2	3	10-12					~9	10	~1-2 min	<u>DB Step-Up</u>	<u>Reverse Nordic</u>	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative.
	<u>DB Calf Jumps</u>	N/A	1	3	12-15					~9-10	10	~1-2 min	<u>Leg Press Calf Jumps</u>	<u>Standing Calf Raise</u>	Hold a dumbbell and perform a jumping motion without actually leaving the floor, using a slight knee bend, but mostly relying on your calves/ankles to drive the "jump". I believe I built a lot of calf mass by doing jump rope; these are meant to provide a similar stimulus, but with more tension.

WEEK 6	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS #1	Weak Point Exercise 1	N/A	1-3	3	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	2	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>Slow-Eccentric EZ-Bar Skull Crusher</u>	N/A	1	3	10-12					~9-10	10	~1-2 min	<u>Slow-Eccentric DB Skull Crusher</u>	<u>Slow-Eccentric DB French Press</u>	Use a 3-4 second negative. Arc the EZ-bar slightly back behind your head. When you extend, keep the bar back behind your eye line. Use the inside (closer) grip option and allow the elbows to flare to a degree that feels comfortable.
	<u>Slow-Eccentric Bayesian Curl</u>	Long-length Partial (on all reps of the last set)	1	3	10-12					~9-10	10	~1-2 min	<u>Slow-Eccentric DB Incline Curl</u>	<u>Slow-Eccentric DB Scott Curl</u>	Use a 3-4 second negative and a slight pause at the bottom of each rep to emphasize stretching your biceps.
	<u>Triceps Diverging Pressdown (Long Rope or 2 Ropes)</u>	N/A	1	2	12-15					~9-10	10	~1-2 min	<u>Cable Triceps Kickback</u>	<u>DB Triceps Kickback</u>	Use two long ropes or one long rope. Lean slightly forward, flare your elbows slightly out and keep your arms back in line with your torso. Then do triceps pressdowns, getting a full, big squeeze at the bottom.
	<u>Reverse-Grip Cable Curl</u>	N/A	0	2	12-15					~9-10	10	~1-2 min	<u>Reverse-Grip EZ-Bar Curl</u>	<u>Reverse-Grip DB Curl</u>	Grab a cable bar with your palms facing down and perform curls. These will work the back of your forearm, brachialis and biceps!
	<u>Roman Chair Leg Raise</u>	N/A	0	3	10-20					~9-10	10	~1-2 min	<u>Hanging Leg Raise</u>	<u>Reverse Crunch</u>	Allow your lower back to round as you curl your legs up. 10-20 reps is a broad range on purpose: just go until you hit RPE 9-10 (0-1 reps shy of failure) with controlled form.
MANDATORY REST DAY															

WEEK 6	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
PULL #2 (MID-BACK FOCUSED)	<u>Dual-Handle Lat Pulldown (Mid-back + Lats)</u>	N/A	1-2	3	10-12					~9	10	~2-3 min	<u>Overhand Lat Pulldown</u>	<u>Pull-Up</u>	Lean back by ~15° and drive your elbows down as you squeeze your shoulder blades together. This should feel like a mix of lats and mid-traps.
	<u>Arms-Extended 45° Hyperextension</u>	N/A	1	2	10-20					~9	~9-10	~2-3 min	<u>Prisoner 45° Hyperextension</u>	<u>Good Morning (Light Weight)</u>	Keep your arms extended out at 45° as you do back extensions. You should feel a crazy burn in your mid-back and lower back.
	<u>Chest-Supported Machine Row</u>	Long-length Partials (on all reps of the last set)	1-2	3	8-10					~9	10	~2-3 min	<u>Chest-Supported T-Bar Row</u>	<u>Helms Row</u>	Flare elbows out at roughly 45° and squeeze your shoulder blades together hard at the top of each rep.
	<u>Concentration Cable Curl</u>	N/A	1	3	10-12					~9-10	10	~1-2 min	<u>DB Concentration Curl</u>	<u>DB Preacher Curl</u>	Place your working elbow against your knee and perform strict form curls.
	<u>Rear Delt 45° Cable Flye</u>	N/A	1	3	12-15					~9-10	10	~1-2 min	<u>DB Rear Delt Swing</u>	<u>Bent-Over Reverse DB Flye</u>	Pull with one arm at a time, bracing with your non-working hand against the machine. Try to align your arm and the cable in a straight line at the bottom of the flye.

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PUSH #2	<u>Seated DB Shoulder Press</u>	N/A	2-3	3	10-12					~9	10	~1-2 min	<u>Seated Barbell Shoulder Press</u>	<u>Standing DB Arnold Press</u>	Slightly rotate the dumbbells in on the negative and flare your elbows out as you push.
	<u>Cross-Body Cable Y-Raise</u>	Myo-reps	1	3	10-12					~9	10	~2-3 min	<u>Machine Lateral Raise</u>	<u>DB Lateral Raise</u>	Think about "drawing a sword" as you do the positive. Sweep your arm up, out and across your body. It may take a few weeks to get used to these if you haven't done them before, but once they click, they really click.
	<u>Decline Machine Chest Press</u>	N/A	2	3	8-10					~8-9	10	~2-3 min	<u>Decline Smith Machine Press</u>	<u>Decline Barbell Press</u>	Feel your pecs stretching apart on the negative. Mind-muscle connection with lower pecs.
	<u>Overhead Cable Triceps Extension (Bar)</u>	Dropset	1	2	8-10					~9-10	10	~2-3 min	<u>Overhead Cable Triceps Extension (Rope)</u>	<u>DB Skull Crusher</u>	Feel a nasty stretch on the triceps throughout the entire negative. Pause for 1 second in the stretch part of each rep.
	<u>Stomach Vacuums</u>	N/A	0	2	10-15 sec hold					~9	~9-10	~1-2 min	<u>LLPT Plank</u>	<u>Ab Wheel Rollout</u>	Suck your stomach in and hold it for 10-15 seconds, repeat 2x.
	<u>Super-ROM DB Lateral Raise</u>	N/A	1	3	12-15					~9-10	10	~0.5-1 min	<u>Cable Upright Row</u>	<u>DB Lateral Raise</u>	Perform lateral raises as normal, except going until your hands are up overhead. As you break parallel, you will use more upper traps to move the weight. Feel free to squeeze your upper traps at the top. If you feel shoulder pain when going all the way up, try pointing your thumb up or simply stop at parallel and do normal lateral raises.
OPTIONAL REST DAY															

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						SET 1	SET 2	SET 3	SET 4						
LEGS #2	<u>Lying Leg Curl</u>	Long-length Partial (on all reps of the last set)	1-2	3	8-10					~9	10	~1-2 min	<u>Seated Leg Curl</u>	<u>Nordic Ham Curl</u>	Set the machine so that you get the biggest stretch possible at the bottom. Prevent your butt from popping up as you curl.
	<u>Smith Machine Reverse Lunge</u>	N/A	2-4	3	8					~8-9	~8-9	~1-2 min	<u>DB Reverse Lunge</u>	<u>DB Walking Lunge</u>	Set one leg back on the negative and then drive the weight up using your front leg. Try to minimize assistance from your back leg.
	<u>Leg Extension</u>	N/A	1-2	4	15-20					~9	10	~3-4 min	<u>Reverse Nordic</u>	<u>Sissy Squats</u>	Set the seat back as far as it will go. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative.
	<u>A1: Machine Hip Adduction</u>	N/A	1	3	10-12					~9-10	10	N/A	<u>Cable Hip Adduction</u>	<u>Copenhagen Hip Adduction</u>	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!
	<u>A2: Machine Hip Abduction</u>	N/A	1	3	10-12					~9-10	10	N/A	<u>Cable Hip Abduction</u>	<u>Lateral Band Walk</u>	If possible, use pads to increase the range of motion on the machine. Lean forward and grab onto the machine rails to stretch the glutes further.
	<u>Standing Calf Raise</u>	Calf Static Stretch (30 sec hold)	1	3	10-12					~9-10	10	~1-2 min	<u>Seated Calf Raise</u>	<u>Leg Press Calf Press</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.



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						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS #2	Weak Point Exercise 1	N/A	1-3	3	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	2	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>Triceps Pressdown (Bar)</u>	Myo-reps	1	2	10-12					~9-10	10	~1-2 min	<u>Triceps Pressdown (Rope)</u>	<u>Close-Grip Assisted Dip</u>	These are meant to be fairly heavy, which is why we're using a bar instead of a rope. Aim to add some weight week to week. Always keep the form tight as you overload the triceps.
	<u>Hammer Curl</u>	N/A	1	2	12-15					~9-10	10	~1-2 min	<u>Inverse DB Zottman Curl</u>	<u>Fat-Grip DB Curl</u>	Squeeze the dumbbell hard in the middle of the handle as you curl. Using liquid chalk on these will prevent your grip from slipping, keeping your hand in the middle of the handle throughout the set (as opposed to resting against the head of the dumbbell).
	<u>Cable Triceps Kickback</u>	N/A	1	2	12-15					~9-10	10	~1-2 min	<u>DB Triceps Kickback</u>	<u>Triceps Pressdown (Rope)</u>	There are two ways you can do this: upright or bent over. Choose the one that feels more comfortable for you. The main thing is that when you're in the full squeeze, your shoulder should be positioned back behind your torso.
	<u>Medicine Ball Russian Twists</u>	N/A	1	2	10-20					~9-10	10	~1-2 min	<u>Half-Kneeling Pallof Press</u>	<u>Bicycle Crunch</u>	Keep the ball held out far from your body on the sides and control the reps, don't just rush through them to get the set done.
MANDATORY REST DAY															

WEEK 7	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
PULL #1 (LAT FOCUSED)	<u>Lat-Focused Cable Row</u>	Lat Static Stretch (30 sec hold)	1	3	10-12					~9	10	~2-3 min	<u>Half-Kneeling 1-Arm Lat Pulldown</u>	<u>Elbows-In 1-Arm DB Row</u>	Keep your torso locked in a fixed position (don't lean forward on the negative). Drive your elbows down and back to engage the lats. Keep your elbows tucked in to your sides.
	<u>Paused Barbell RDL</u>	N/A	2-3	2	8					~6-7	~7-8	~3-4 min	<u>Paused DB RDL</u>	<u>Glute-Ham Raise</u>	The RPE is intentionally low here because these will cause a lot of muscle damage. Don't be tempted to go too heavy. 1 second pause at the bottom of each rep. To keep tension on the hamstrings, stop about 75% of the way to full lockout on each rep (i.e. stay in the bottom 3/4 of the range of motion).
	<u>Chest-Supported T-Bar Row + Kelso Shrug</u>	N/A	2	3	8-10 + 4-6					~9	10	~2-3 min	<u>Machine Chest-Supported Row + Kelso Shrug</u>	<u>Incline Chest-Supported DB Row + Kelso Shrug</u>	Do 8-10 reps as a normal T-Bar row, driving your elbows back at roughly 45° and squeezing your shoulder blades together. Without resting, do another 4-6 reps as Kelso Shrugs (just squeeze your shoulder blades together without rowing all the way back with your arms).
	<u>1-Arm Lat Pull-In</u>	Long-length Partial (on all reps of the last set)	1	2	12-15					~9-10	10	~1-2 min	<u>Wide-Grip Lat Pulldown</u>	<u>Wide-Grip Band-Assisted Pull-Up</u>	Pull the cable in from the side. Keep a mind-muscle connection with your lats and try to prevent your biceps from taking over. Palpate (feel) your lats with your other hand if that helps you connect with them better.
	<u>N1-Style Short-Head Curl</u>	Long-length Partial (on all reps of the last set)	1	3	10-12					~9-10	10	~1-2 min	<u>DB Concentration Curl</u>	<u>DB Preacher Curl</u>	Brace against your knee with your non-working hand and curl across your body, toward your opposite shoulder.
	<u>Reverse Pec Deck (w/ Integrated Partial)</u>	Integrated Partial (on all sets)	1	3	10-15					~9-10	10	~1-2 min	<u>Reverse Cable Flye (w/ Integrated Partial)</u>	<u>Bent-Over Reverse DB Flye (w/ Integrated Partial)</u>	Sweep the weight out instead of pulling the weight back. Mind-muscle connection with rear delts. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/bottom half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps and an RPE of 9-10.

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						SET 1	SET 2	SET 3	SET 4						
PUSH #1	<u>Cuffed Behind-The-Back Lateral Raise</u>	Myo-reps	1-2	3	10-12					~9-10	10	~1-2 min	<u>Cross-Body Cable Y-Raise</u>	<u>DB Lateral Raise</u>	Raise the cables up in a "Y" motion. Really try to connect with the middle delt fibers as you sweep the weight up and out.
	<u>Low Incline DB Press</u>	N/A	2-3	3	8-10					~9	10	~2-3 min	<u>Low Incline Machine Press</u>	<u>Low Incline Barbell Press</u>	Set the bench at a ~15° incline. Do a slight elbow tuck on the negative and then flare as you push (assuming this doesn't bother your shoulders). Nice, smooth reps here. No pausing at the top or bottom: constant tension on the pecs!
	<u>Dual-Cable Triceps Press</u>	N/A	1-2	3	10-12					~8-9	10	~2-3 min	<u>Overhead Cable Triceps Extension (Bar)</u>	<u>DB Skull Crusher</u>	Hold the cables without a handle and get them into position just above your shoulders (around chin level). Press the weight forward (straight out in front of you), not up overhead like in a standard overhead triceps extension.
	<u>Bent-Over Cable Pec Flye (w/ Integrated Partial)</u>	Integrated Partial (on all sets)	1	3	12-15					~8-9	10	~1-2 min	<u>Pec Deck (w/ Integrated Partial)</u>	<u>DB Flye (w/ Integrated Partial)</u>	Lean forward until your torso is parallel with the floor, flye straight out and down toward the floor. Stretch and squeeze the pecs! Stay locked in.
	<u>Deficit Pushup</u>	N/A	1	1	AMRAP					N/A	10	~1-2 min	<u>Close-Grip Push Up</u>	<u>Bodyweight Dip</u>	Slow negative with a deep stretch at the bottom of each rep before exploding back up on the positive.
	<u>Cable Crunch</u>	Myo-reps	1	3	10-12					~9-10	10	~1-2 min	<u>Machine Crunch</u>	<u>Plate-Weighted Crunch</u>	Round your lower back as you crunch. Maintain a mind-muscle connection with your 6-pack.
OPTIONAL REST DAY															

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LEGS #1	<u>Seated Leg Curl</u>	N/A	1-2	3	8-10					~9	10	~2-3 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lean forward over the machine to get a maximum stretch in your hamstrings.
	<u>Machine Hip Adduction</u>	N/A	1	3	10-12					~9	10	~1-2 min	<u>Cable Hip Adduction</u>	<u>Copenhagen Hip Adduction</u>	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!
	<u>Smith Machine Squat</u>	N/A	2-4	3	4, 6, 8					~9	~9	~3-5 min	<u>Machine Squat</u>	<u>DB Bulgarian Split Squat</u>	We're using a reverse pyramid on this exercise. Warm-up as usual to your first working set for 4 reps. This first set will be your heaviest set. Then for set 2, drop the weight back ~10-15% and do 6 reps. Then for set 3, drop the weight back another 10-15% and do 8 reps.
	<u>Leg Extension</u>	Long-length Partial (on all reps of the last set)	1-2	3	10-12					~9	10	~1-2 min	<u>DB Step-Up</u>	<u>Reverse Nordic</u>	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative.
	<u>DB Calf Jumps</u>	N/A	1	3	12-15					~9-10	10	~1-2 min	<u>Leg Press Calf Jumps</u>	<u>Standing Calf Raise</u>	Hold a dumbbell and perform a jumping motion without actually leaving the floor, using a slight knee bend, but mostly relying on your calves/ankles to drive the "jump". I believe I built a lot of calf mass by doing jump rope; these are meant to provide a similar stimulus, but with more tension.



WEEK 7	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS #1	Weak Point Exercise 1	N/A	1-3	3	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	2	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>Slow-Eccentric EZ-Bar Skull Crusher</u>	N/A	1	3	10-12					~9-10	10	~1-2 min	<u>Slow-Eccentric DB Skull Crusher</u>	<u>Slow-Eccentric DB French Press</u>	Use a 3-4 second negative. Arc the EZ-bar slightly back behind your head. When you extend, keep the bar back behind your eye line. Use the inside (closer) grip option and allow the elbows to flare to a degree that feels comfortable.
	<u>Slow-Eccentric Bayesian Curl</u>	Long-length Partial (on all reps of the last set)	1	3	10-12					~9-10	10	~1-2 min	<u>Slow-Eccentric DB Incline Curl</u>	<u>Slow-Eccentric DB Scott Curl</u>	Use a 3-4 second negative and a slight pause at the bottom of each rep to emphasize stretching your biceps.
	<u>Triceps Diverging Pressdown (Long Rope or 2 Ropes)</u>	N/A	1	2	12-15					~9-10	10	~1-2 min	<u>Cable Triceps Kickback</u>	<u>DB Triceps Kickback</u>	Use two long ropes or one long rope. Lean slightly forward, flare your elbows slightly out and keep your arms back in line with your torso. Then do triceps pressdowns, getting a full, big squeeze at the bottom.
	<u>Reverse-Grip Cable Curl</u>	N/A	0	2	12-15					~9-10	10	~1-2 min	<u>Reverse-Grip EZ-Bar Curl</u>	<u>Reverse-Grip DB Curl</u>	Grab a cable bar with your palms facing down and perform curls. These will work the back of your forearm, brachialis and biceps!
	<u>Roman Chair Leg Raise</u>	N/A	0	3	10-20					~9-10	10	~1-2 min	<u>Hanging Leg Raise</u>	<u>Reverse Crunch</u>	Allow your lower back to round as you curl your legs up. 10-20 reps is a broad range on purpose: just go until you hit RPE 9-10 (0-1 reps shy of failure) with controlled form.
MANDATORY REST DAY															



WEEK 7	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
PULL #2 (MID-BACK FOCUSED)	<u>Dual-Handle Lat Pulldown (Mid-back + Lats)</u>	N/A	1-2	3	10-12					~9	10	~2-3 min	<u>Overhand Lat Pulldown</u>	<u>Pull-Up</u>	Lean back by ~15° and drive your elbows down as you squeeze your shoulder blades together. This should feel like a mix of lats and mid-traps.
	<u>Arms-Extended 45° Hyperextension</u>	N/A	1	2	10-20					~9	~9-10	~2-3 min	<u>Prisoner 45° Hyperextension</u>	<u>Good Morning (Light Weight)</u>	Keep your arms extended out at 45° as you do back extensions. You should feel a crazy burn in your mid-back and lower back.
	<u>Chest-Supported Machine Row</u>	Long-length Partials (on all reps of the last set)	1-2	3	8-10					~9	10	~2-3 min	<u>Chest-Supported T-Bar Row</u>	<u>Helms Row</u>	Flare elbows out at roughly 45° and squeeze your shoulder blades together hard at the top of each rep.
	<u>Concentration Cable Curl</u>	N/A	1	3	10-12					~9-10	10	~1-2 min	<u>DB Concentration Curl</u>	<u>DB Preacher Curl</u>	Place your working elbow against your knee and perform strict form curls.
	<u>Rear Delt 45° Cable Flye</u>	N/A	1	3	12-15					~9-10	10	~1-2 min	<u>DB Rear Delt Swing</u>	<u>Bent-Over Reverse DB Flye</u>	Pull with one arm at a time, bracing with your non-working hand against the machine. Try to align your arm and the cable in a straight line at the bottom of the flye.

WEEK 7	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
PUSH #2	<u>Seated DB Shoulder Press</u>	N/A	2-3	3	10-12					~9	10	~1-2 min	<u>Seated Barbell Shoulder Press</u>	<u>Standing DB Arnold Press</u>	Slightly rotate the dumbbells in on the negative and flare your elbows out as you push.
	<u>Cross-Body Cable Y-Raise</u>	Myo-reps	1	3	10-12					~9	10	~2-3 min	<u>Machine Lateral Raise</u>	<u>DB Lateral Raise</u>	Think about "drawing a sword" as you do the positive. Sweep your arm up, out and across your body. It may take a few weeks to get used to these if you haven't done them before, but once they click, they really click.
	<u>Decline Machine Chest Press</u>	N/A	2	3	8-10					~8-9	10	~2-3 min	<u>Decline Smith Machine Press</u>	<u>Decline Barbell Press</u>	Feel your pecs stretching apart on the negative. Mind-muscle connection with lower pecs.
	<u>Overhead Cable Triceps Extension (Bar)</u>	Dropset	1	2	8-10					~9-10	10	~2-3 min	<u>Overhead Cable Triceps Extension (Rope)</u>	<u>DB Skull Crusher</u>	Feel a nasty stretch on the triceps throughout the entire negative. Pause for 1 second in the stretch part of each rep.
	<u>Stomach Vacuums</u>	N/A	0	2	10-15 sec hold					~9	~9-10	~1-2 min	<u>LLPT Plank</u>	<u>Ab Wheel Rollout</u>	Suck your stomach in and hold it for 10-15 seconds, repeat 2x.
	<u>Super-ROM DB Lateral Raise</u>	N/A	1	3	12-15					~9-10	10	~0.5-1 min	<u>Cable Upright Row</u>	<u>DB Lateral Raise</u>	Perform lateral raises as normal, except going until your hands are up overhead. As you break parallel, you will use more upper traps to move the weight. Feel free to squeeze your upper traps at the top. If you feel shoulder pain when going all the way up, try pointing your thumb up or simply stop at parallel and do normal lateral raises.
OPTIONAL REST DAY															

WEEK 7	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
LEGS #2	<u>Lying Leg Curl</u>	Long-length Partial (on all reps of the last set)	1-2	3	8-10					~9	10	~1-2 min	<u>Seated Leg Curl</u>	<u>Nordic Ham Curl</u>	Set the machine so that you get the biggest stretch possible at the bottom. Prevent your butt from popping up as you curl.
	<u>Smith Machine Reverse Lunge</u>	N/A	2-4	3	8					~8-9	~8-9	~1-2 min	<u>DB Reverse Lunge</u>	<u>DB Walking Lunge</u>	Set one leg back on the negative and then drive the weight up using your front leg. Try to minimize assistance from your back leg.
	<u>Leg Extension</u>	N/A	1-2	4	15-20					~9	10	~3-4 min	<u>Reverse Nordic</u>	<u>Sissy Squats</u>	Set the seat back as far as it will go. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative.
	<u>A1: Machine Hip Adduction</u>	N/A	1	3	10-12					~9-10	10	N/A	<u>Cable Hip Adduction</u>	<u>Copenhagen Hip Adduction</u>	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!
	<u>A2: Machine Hip Abduction</u>	N/A	1	3	10-12					~9-10	10	N/A	<u>Cable Hip Abduction</u>	<u>Lateral Band Walk</u>	If possible, use pads to increase the range of motion on the machine. Lean forward and grab onto the machine rails to stretch the glutes further.
	<u>Standing Calf Raise</u>	Calf Static Stretch (30 sec hold)	1	3	10-12					~9-10	10	~1-2 min	<u>Seated Calf Raise</u>	<u>Leg Press Calf Press</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.

WEEK 7	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS #2	Weak Point Exercise 1	N/A	1-3	3	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	2	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>Triceps Pressdown (Bar)</u>	Myo-reps	1	2	10-12					~9-10	10	~1-2 min	<u>Triceps Pressdown (Rope)</u>	<u>Close-Grip Assisted Dip</u>	These are meant to be fairly heavy, which is why we're using a bar instead of a rope. Aim to add some weight week to week. Always keep the form tight as you overload the triceps.
	<u>Hammer Curl</u>	N/A	1	2	12-15					~9-10	10	~1-2 min	<u>Inverse DB Zottman Curl</u>	<u>Fat-Grip DB Curl</u>	Squeeze the dumbbell hard in the middle of the handle as you curl. Using liquid chalk on these will prevent your grip from slipping, keeping your hand in the middle of the handle throughout the set (as opposed to resting against the head of the dumbbell).
	<u>Cable Triceps Kickback</u>	N/A	1	2	12-15					~9-10	10	~1-2 min	<u>DB Triceps Kickback</u>	<u>Triceps Pressdown (Rope)</u>	There are two ways you can do this: upright or bent over. Choose the one that feels more comfortable for you. The main thing is that when you're in the full squeeze, your shoulder should be positioned back behind your torso.
	<u>Medicine Ball Russian Twists</u>	N/A	1	2	10-20					~9-10	10	~1-2 min	<u>Half-Kneeling Pallof Press</u>	<u>Bicycle Crunch</u>	Keep the ball held out far from your body on the sides and control the reps, don't just rush through them to get the set done.
MANDATORY REST DAY															

WEEK 8	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
PULL #1 (LAT FOCUSED)	<u>Lat-Focused Cable Row</u>	Lat Static Stretch (30 sec hold)	1	3	10-12					~9	10	~2-3 min	<u>Half-Kneeling 1-Arm Lat Pulldown</u>	<u>Elbows-In 1-Arm DB Row</u>	Keep your torso locked in a fixed position (don't lean forward on the negative). Drive your elbows down and back to engage the lats. Keep your elbows tucked in to your sides.
	<u>Paused Barbell RDL</u>	N/A	2-3	2	8					~6-7	~7-8	~3-4 min	<u>Paused DB RDL</u>	<u>Glute-Ham Raise</u>	The RPE is intentionally low here because these will cause a lot of muscle damage. Don't be tempted to go too heavy. 1 second pause at the bottom of each rep. To keep tension on the hamstrings, stop about 75% of the way to full lockout on each rep (i.e. stay in the bottom 3/4 of the range of motion).
	<u>Chest-Supported T-Bar Row + Kelso Shrug</u>	N/A	2	3	8-10 + 4-6					~9	10	~2-3 min	<u>Machine Chest-Supported Row + Kelso Shrug</u>	<u>Incline Chest-Supported DB Row + Kelso Shrug</u>	Do 8-10 reps as a normal T-Bar row, driving your elbows back at roughly 45° and squeezing your shoulder blades together. Without resting, do another 4-6 reps as Kelso Shrugs (just squeeze your shoulder blades together without rowing all the way back with your arms).
	<u>1-Arm Lat Pull-In</u>	Long-length Partial (on all reps of the last set)	1	2	12-15					~9-10	10	~1-2 min	<u>Wide-Grip Lat Pulldown</u>	<u>Wide-Grip Band-Assisted Pull-Up</u>	Pull the cable in from the side. Keep a mind-muscle connection with your lats and try to prevent your biceps from taking over. Palpate (feel) your lats with your other hand if that helps you connect with them better.
	<u>N1-Style Short-Head Curl</u>	Long-length Partial (on all reps of the last set)	1	3	10-12					~9-10	10	~1-2 min	<u>DB Concentration Curl</u>	<u>DB Preacher Curl</u>	Brace against your knee with your non-working hand and curl across your body, toward your opposite shoulder.
	<u>Reverse Pec Deck (w/ Integrated Partial)</u>	Integrated Partial (on all sets)	1	3	10-15					~9-10	10	~1-2 min	<u>Reverse Cable Flye (w/ Integrated Partial)</u>	<u>Bent-Over Reverse DB Flye (w/ Integrated Partial)</u>	Sweep the weight out instead of pulling the weight back. Mind-muscle connection with rear delts. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/bottom half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps and an RPE of 9-10.



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PUSH #1	<u>Cuffed Behind-The-Back Lateral Raise</u>	Myo-reps	1-2	3	10-12					~9-10	10	~1-2 min	<u>Cross-Body Cable Y-Raise</u>	<u>DB Lateral Raise</u>	Raise the cables up in a "Y" motion. Really try to connect with the middle delt fibers as you sweep the weight up and out.
	<u>Low Incline DB Press</u>	N/A	2-3	3	8-10					~9	10	~2-3 min	<u>Low Incline Machine Press</u>	<u>Low Incline Barbell Press</u>	Set the bench at a ~15° incline. Do a slight elbow tuck on the negative and then flare as you push (assuming this doesn't bother your shoulders). Nice, smooth reps here. No pausing at the top or bottom: constant tension on the pecs!
	<u>Dual-Cable Triceps Press</u>	N/A	1-2	3	10-12					~8-9	10	~2-3 min	<u>Overhead Cable Triceps Extension (Bar)</u>	<u>DB Skull Crusher</u>	Hold the cables without a handle and get them into position just above your shoulders (around chin level). Press the weight forward (straight out in front of you), not up overhead like in a standard overhead triceps extension.
	<u>Bent-Over Cable Pec Flye (w/ Integrated Partial)</u>	Integrated Partial (on all sets)	1	3	12-15					~8-9	10	~1-2 min	<u>Pec Deck (w/ Integrated Partial)</u>	<u>DB Flye (w/ Integrated Partial)</u>	Lean forward until your torso is parallel with the floor, flye straight out and down toward the floor. Stretch and squeeze the pecs! Stay locked in.
	<u>Deficit Pushup</u>	N/A	1	1	AMRAP					N/A	10	~1-2 min	<u>Close-Grip Push Up</u>	<u>Bodyweight Dip</u>	Slow negative with a deep stretch at the bottom of each rep before exploding back up on the positive.
	<u>Cable Crunch</u>	Myo-reps	1	3	10-12					~9-10	10	~1-2 min	<u>Machine Crunch</u>	<u>Plate-Weighted Crunch</u>	Round your lower back as you crunch. Maintain a mind-muscle connection with your 6-pack.
OPTIONAL REST DAY															

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						SET 1	SET 2	SET 3	SET 4						
LEGS #1	<u>Seated Leg Curl</u>	N/A	1-2	3	8-10					~9	10	~2-3 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lean forward over the machine to get a maximum stretch in your hamstrings.
	<u>Machine Hip Adduction</u>	N/A	1	3	10-12					~9	10	~1-2 min	<u>Cable Hip Adduction</u>	<u>Copenhagen Hip Adduction</u>	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!
	<u>Smith Machine Squat</u>	N/A	2-4	3	4, 6, 8					~9	~9	~3-5 min	<u>Machine Squat</u>	<u>DB Bulgarian Split Squat</u>	We're using a reverse pyramid on this exercise. Warm-up as usual to your first working set for 4 reps. This first set will be your heaviest set. Then for set 2, drop the weight back ~10-15% and do 6 reps. Then for set 3, drop the weight back another 10-15% and do 8 reps.
	<u>Leg Extension</u>	Long-length Partial (on all reps of the last set)	1-2	3	10-12					~9	10	~1-2 min	<u>DB Step-Up</u>	<u>Reverse Nordic</u>	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative.
	<u>DB Calf Jumps</u>	N/A	1	3	12-15					~9-10	10	~1-2 min	<u>Leg Press Calf Jumps</u>	<u>Standing Calf Raise</u>	Hold a dumbbell and perform a jumping motion without actually leaving the floor, using a slight knee bend, but mostly relying on your calves/ankles to drive the "jump". I believe I built a lot of calf mass by doing jump rope; these are meant to provide a similar stimulus, but with more tension.

WEEK 8	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS #1	Weak Point Exercise 1	N/A	1-3	3	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	2	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>Slow-Eccentric EZ-Bar Skull Crusher</u>	N/A	1	3	10-12					~9-10	10	~1-2 min	<u>Slow-Eccentric DB Skull Crusher</u>	<u>Slow-Eccentric DB French Press</u>	Use a 3-4 second negative. Arc the EZ-bar slightly back behind your head. When you extend, keep the bar back behind your eye line. Use the inside (closer) grip option and allow the elbows to flare to a degree that feels comfortable.
	<u>Slow-Eccentric Bayesian Curl</u>	Long-length Partial (on all reps of the last set)	1	3	10-12					~9-10	10	~1-2 min	<u>Slow-Eccentric DB Incline Curl</u>	<u>Slow-Eccentric DB Scott Curl</u>	Use a 3-4 second negative and a slight pause at the bottom of each rep to emphasize stretching your biceps.
	<u>Triceps Diverging Pressdown (Long Rope or 2 Ropes)</u>	N/A	1	2	12-15					~9-10	10	~1-2 min	<u>Cable Triceps Kickback</u>	<u>DB Triceps Kickback</u>	Use two long ropes or one long rope. Lean slightly forward, flare your elbows slightly out and keep your arms back in line with your torso. Then do triceps pressdowns, getting a full, big squeeze at the bottom.
	<u>Reverse-Grip Cable Curl</u>	N/A	0	2	12-15					~9-10	10	~1-2 min	<u>Reverse-Grip EZ-Bar Curl</u>	<u>Reverse-Grip DB Curl</u>	Grab a cable bar with your palms facing down and perform curls. These will work the back of your forearm, brachialis and biceps!
	<u>Roman Chair Leg Raise</u>	N/A	0	3	10-20					~9-10	10	~1-2 min	<u>Hanging Leg Raise</u>	<u>Reverse Crunch</u>	Allow your lower back to round as you curl your legs up. 10-20 reps is a broad range on purpose: just go until you hit RPE 9-10 (0-1 reps shy of failure) with controlled form.
MANDATORY REST DAY															

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						SET 1	SET 2	SET 3	SET 4						
PULL #2 (MID-BACK FOCUSED)	<u>Dual-Handle Lat Pulldown (Mid-back + Lats)</u>	N/A	1-2	3	10-12					~9	10	~2-3 min	<u>Overhand Lat Pulldown</u>	<u>Pull-Up</u>	Lean back by ~15° and drive your elbows down as you squeeze your shoulder blades together. This should feel like a mix of lats and mid-traps.
	<u>Arms-Extended 45° Hyperextension</u>	N/A	1	2	10-20					~9	~9-10	~2-3 min	<u>Prisoner 45° Hyperextension</u>	<u>Good Morning (Light Weight)</u>	Keep your arms extended out at 45° as you do back extensions. You should feel a crazy burn in your mid-back and lower back.
	<u>Chest-Supported Machine Row</u>	Long-length Partial (on all reps of the last set)	1-2	3	8-10					~9	10	~2-3 min	<u>Chest-Supported T-Bar Row</u>	<u>Helms Row</u>	Flare elbows out at roughly 45° and squeeze your shoulder blades together hard at the top of each rep.
	<u>Concentration Cable Curl</u>	N/A	1	3	10-12					~9-10	10	~1-2 min	<u>DB Concentration Curl</u>	<u>DB Preacher Curl</u>	Place your working elbow against your knee and perform strict form curls.
	<u>Rear Delt 45° Cable Flye</u>	N/A	1	3	12-15					~9-10	10	~1-2 min	<u>DB Rear Delt Swing</u>	<u>Bent-Over Reverse DB Flye</u>	Pull with one arm at a time, bracing with your non-working hand against the machine. Try to align your arm and the cable in a straight line at the bottom of the flye.

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PUSH #2	<a href="#">Seated DB Shoulder Press</a>	N/A	2-3	3	10-12					~9	10	~1-2 min	<a href="#">Seated Barbell Shoulder Press</a>	<a href="#">Standing DB Arnold Press</a>	Slightly rotate the dumbbells in on the negative and flare your elbows out as you push.
	<a href="#">Cross-Body Cable Y-Raise</a>	Myo-reps	1	3	10-12					~9	10	~2-3 min	<a href="#">Machine Lateral Raise</a>	<a href="#">DB Lateral Raise</a>	Think about "drawing a sword" as you do the positive. Sweep your arm up, out and across your body. It may take a few weeks to get used to these if you haven't done them before, but once they click, they really click.
	<a href="#">Decline Machine Chest Press</a>	N/A	2	3	8-10					~8-9	10	~2-3 min	<a href="#">Decline Smith Machine Press</a>	<a href="#">Decline Barbell Press</a>	Feel your pecs stretching apart on the negative. Mind-muscle connection with lower pecs.
	<a href="#">Overhead Cable Triceps Extension (Bar)</a>	Dropset	1	2	8-10					~9-10	10	~2-3 min	<a href="#">Overhead Cable Triceps Extension (Rope)</a>	<a href="#">DB Skull Crusher</a>	Feel a nasty stretch on the triceps throughout the entire negative. Pause for 1 second in the stretch part of each rep.
	<a href="#">Stomach Vacuums</a>	N/A	0	2	10-15 sec hold					~9	~9-10	~1-2 min	<a href="#">LLPT Plank</a>	<a href="#">Ab Wheel Rollout</a>	Suck your stomach in and hold it for 10-15 seconds, repeat 2x.
	<a href="#">Super-ROM DB Lateral Raise</a>	N/A	1	3	12-15					~9-10	10	~0.5-1 min	<a href="#">Cable Upright Row</a>	<a href="#">DB Lateral Raise</a>	Perform lateral raises as normal, except going until your hands are up overhead. As you break parallel, you will use more upper traps to move the weight. Feel free to squeeze your upper traps at the top. If you feel shoulder pain when going all the way up, try pointing your thumb up or simply stop at parallel and do normal lateral raises.
OPTIONAL REST DAY															



WEEK 8	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
LEGS #2	<u>Lying Leg Curl</u>	Long-length Partial (on all reps of the last set)	1-2	3	8-10					~9	10	~1-2 min	<u>Seated Leg Curl</u>	<u>Nordic Ham Curl</u>	Set the machine so that you get the biggest stretch possible at the bottom. Prevent your butt from popping up as you curl.
	<u>Smith Machine Reverse Lunge</u>	N/A	2-4	3	8					~8-9	~8-9	~1-2 min	<u>DB Reverse Lunge</u>	<u>DB Walking Lunge</u>	Set one leg back on the negative and then drive the weight up using your front leg. Try to minimize assistance from your back leg.
	<u>Leg Extension</u>	N/A	1-2	4	15-20					~9	10	~3-4 min	<u>Reverse Nordic</u>	<u>Sissy Squats</u>	Set the seat back as far as it will go. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative.
	<u>A1: Machine Hip Adduction</u>	N/A	1	3	10-12					~9-10	10	N/A	<u>Cable Hip Adduction</u>	<u>Copenhagen Hip Adduction</u>	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!
	<u>A2: Machine Hip Abduction</u>	N/A	1	3	10-12					~9-10	10	N/A	<u>Cable Hip Abduction</u>	<u>Lateral Band Walk</u>	If possible, use pads to increase the range of motion on the machine. Lean forward and grab onto the machine rails to stretch the glutes further.
	<u>Standing Calf Raise</u>	Calf Static Stretch (30 sec hold)	1	3	10-12					~9-10	10	~1-2 min	<u>Seated Calf Raise</u>	<u>Leg Press Calf Press</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.

WEEK 8	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS #2	Weak Point Exercise 1	N/A	1-3	3	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	2	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>Triceps Pressdown (Bar)</u>	Myo-reps	1	2	10-12					~9-10	10	~1-2 min	<u>Triceps Pressdown (Rope)</u>	<u>Close-Grip Assisted Dip</u>	These are meant to be fairly heavy, which is why we're using a bar instead of a rope. Aim to add some weight week to week. Always keep the form tight as you overload the triceps.
	<u>Hammer Curl</u>	N/A	1	2	12-15					~9-10	10	~1-2 min	<u>Inverse DB Zottman Curl</u>	<u>Fat-Grip DB Curl</u>	Squeeze the dumbbell hard in the middle of the handle as you curl. Using liquid chalk on these will prevent your grip from slipping, keeping your hand in the middle of the handle throughout the set (as opposed to resting against the head of the dumbbell).
	<u>Cable Triceps Kickback</u>	N/A	1	2	12-15					~9-10	10	~1-2 min	<u>DB Triceps Kickback</u>	<u>Triceps Pressdown (Rope)</u>	There are two ways you can do this: upright or bent over. Choose the one that feels more comfortable for you. The main thing is that when you're in the full squeeze, your shoulder should be positioned back behind your torso.
	<u>Medicine Ball Russian Twists</u>	N/A	1	2	10-20					~9-10	10	~1-2 min	<u>Half-Kneeling Pallof Press</u>	<u>Bicycle Crunch</u>	Keep the ball held out far from your body on the sides and control the reps, don't just rush through them to get the set done.
MANDATORY REST DAY															

WEEK 9	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
PULL #1 (LAT FOCUSED)	<u>Lat-Focused Cable Row</u>	Lat Static Stretch (30 sec hold)	1	3	10-12					~9	10	~2-3 min	<u>Half-Kneeling 1-Arm Lat Pulldown</u>	<u>Elbows-In 1-Arm DB Row</u>	Keep your torso locked in a fixed position (don't lean forward on the negative). Drive your elbows down and back to engage the lats. Keep your elbows tucked in to your sides.
	<u>Paused Barbell RDL</u>	N/A	2-3	2	8					~6-7	~7-8	~3-4 min	<u>Paused DB RDL</u>	<u>Glute-Ham Raise</u>	The RPE is intentionally low here because these will cause a lot of muscle damage. Don't be tempted to go too heavy. 1 second pause at the bottom of each rep. To keep tension on the hamstrings, stop about 75% of the way to full lockout on each rep (i.e. stay in the bottom 3/4 of the range of motion).
	<u>Chest-Supported T-Bar Row + Kelso Shrug</u>	N/A	2	3	8-10 + 4-6					~9	10	~2-3 min	<u>Machine Chest-Supported Row + Kelso Shrug</u>	<u>Incline Chest-Supported DB Row + Kelso Shrug</u>	Do 8-10 reps as a normal T-Bar row, driving your elbows back at roughly 45° and squeezing your shoulder blades together. Without resting, do another 4-6 reps as Kelso Shrugs (just squeeze your shoulder blades together without rowing all the way back with your arms).
	<u>1-Arm Lat Pull-In</u>	Long-length Partial (on all reps of the last set)	1	2	12-15					~9-10	10	~1-2 min	<u>Wide-Grip Lat Pulldown</u>	<u>Wide-Grip Band-Assisted Pull-Up</u>	Pull the cable in from the side. Keep a mind-muscle connection with your lats and try to prevent your biceps from taking over. Palpate (feel) your lats with your other hand if that helps you connect with them better.
	<u>N1-Style Short-Head Curl</u>	Long-length Partial (on all reps of the last set)	1	3	10-12					~9-10	10	~1-2 min	<u>DB Concentration Curl</u>	<u>DB Preacher Curl</u>	Brace against your knee with your non-working hand and curl across your body, toward your opposite shoulder.
	<u>Reverse Pec Deck (w/ Integrated Partial)</u>	Integrated Partial (on all sets)	1	3	10-15					~9-10	10	~1-2 min	<u>Reverse Cable Flye (w/ Integrated Partial)</u>	<u>Bent-Over Reverse DB Flye (w/ Integrated Partial)</u>	Sweep the weight out instead of pulling the weight back. Mind-muscle connection with rear delts. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/bottom half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps and an RPE of 9-10.

WEEK 9	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
PUSH #1	<u>Cuffed Behind-The-Back Lateral Raise</u>	Myo-reps	1-2	3	10-12					~9-10	10	~1-2 min	<u>Cross-Body Cable Y-Raise</u>	<u>DB Lateral Raise</u>	Raise the cables up in a "Y" motion. Really try to connect with the middle delt fibers as you sweep the weight up and out.
	<u>Low Incline DB Press</u>	N/A	2-3	3	8-10					~9	10	~2-3 min	<u>Low Incline Machine Press</u>	<u>Low Incline Barbell Press</u>	Set the bench at a ~15° incline. Do a slight elbow tuck on the negative and then flare as you push (assuming this doesn't bother your shoulders). Nice, smooth reps here. No pausing at the top or bottom: constant tension on the pecs!
	<u>Dual-Cable Triceps Press</u>	N/A	1-2	3	10-12					~8-9	10	~2-3 min	<u>Overhead Cable Triceps Extension (Bar)</u>	<u>DB Skull Crusher</u>	Hold the cables without a handle and get them into position just above your shoulders (around chin level). Press the weight forward (straight out in front of you), not up overhead like in a standard overhead triceps extension.
	<u>Bent-Over Cable Pec Flye (w/ Integrated Partial)</u>	Integrated Partial (on all sets)	1	3	12-15					~8-9	10	~1-2 min	<u>Pec Deck (w/ Integrated Partial)</u>	<u>DB Flye (w/ Integrated Partial)</u>	Lean forward until your torso is parallel with the floor, flye straight out and down toward the floor. Stretch and squeeze the pecs! Stay locked in.
	<u>Deficit Pushup</u>	N/A	1	1	AMRAP					N/A	10	~1-2 min	<u>Close-Grip Push Up</u>	<u>Bodyweight Dip</u>	Slow negative with a deep stretch at the bottom of each rep before exploding back up on the positive.
	<u>Cable Crunch</u>	Myo-reps	1	3	10-12					~9-10	10	~1-2 min	<u>Machine Crunch</u>	<u>Plate-Weighted Crunch</u>	Round your lower back as you crunch. Maintain a mind-muscle connection with your 6-pack.
OPTIONAL REST DAY															

WEEK 9	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
LEGS #1	<u>Seated Leg Curl</u>	N/A	1-2	3	8-10					~9	10	~2-3 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lean forward over the machine to get a maximum stretch in your hamstrings.
	<u>Machine Hip Adduction</u>	N/A	1	3	10-12					~9	10	~1-2 min	<u>Cable Hip Adduction</u>	<u>Copenhagen Hip Adduction</u>	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!
	<u>Smith Machine Squat</u>	N/A	2-4	3	4, 6, 8					~9	~9	~3-5 min	<u>Machine Squat</u>	<u>DB Bulgarian Split Squat</u>	We're using a reverse pyramid on this exercise. Warm-up as usual to your first working set for 4 reps. This first set will be your heaviest set. Then for set 2, drop the weight back ~10-15% and do 6 reps. Then for set 3, drop the weight back another 10-15% and do 8 reps.
	<u>Leg Extension</u>	Long-length Partial (on all reps of the last set)	1-2	3	10-12					~9	10	~1-2 min	<u>DB Step-Up</u>	<u>Reverse Nordic</u>	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative.
	<u>DB Calf Jumps</u>	N/A	1	3	12-15					~9-10	10	~1-2 min	<u>Leg Press Calf Jumps</u>	<u>Standing Calf Raise</u>	Hold a dumbbell and perform a jumping motion without actually leaving the floor, using a slight knee bend, but mostly relying on your calves/ankles to drive the "jump". I believe I built a lot of calf mass by doing jump rope; these are meant to provide a similar stimulus, but with more tension.



WEEK 9	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS #1	Weak Point Exercise 1	N/A	1-3	3	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	2	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>Slow-Eccentric EZ-Bar Skull Crusher</u>	N/A	1	3	10-12					~9-10	10	~1-2 min	<u>Slow-Eccentric DB Skull Crusher</u>	<u>Slow-Eccentric DB French Press</u>	Use a 3-4 second negative. Arc the EZ-bar slightly back behind your head. When you extend, keep the bar back behind your eye line. Use the inside (closer) grip option and allow the elbows to flare to a degree that feels comfortable.
	<u>Slow-Eccentric Bayesian Curl</u>	Long-length Partial (on all reps of the last set)	1	3	10-12					~9-10	10	~1-2 min	<u>Slow-Eccentric DB Incline Curl</u>	<u>Slow-Eccentric DB Scott Curl</u>	Use a 3-4 second negative and a slight pause at the bottom of each rep to emphasize stretching your biceps.
	<u>Triceps Diverging Pressdown (Long Rope or 2 Ropes)</u>	N/A	1	2	12-15					~9-10	10	~1-2 min	<u>Cable Triceps Kickback</u>	<u>DB Triceps Kickback</u>	Use two long ropes or one long rope. Lean slightly forward, flare your elbows slightly out and keep your arms back in line with your torso. Then do triceps pressdowns, getting a full, big squeeze at the bottom.
	<u>Reverse-Grip Cable Curl</u>	N/A	0	2	12-15					~9-10	10	~1-2 min	<u>Reverse-Grip EZ-Bar Curl</u>	<u>Reverse-Grip DB Curl</u>	Grab a cable bar with your palms facing down and perform curls. These will work the back of your forearm, brachialis and biceps!
	<u>Roman Chair Leg Raise</u>	N/A	0	3	10-20					~9-10	10	~1-2 min	<u>Hanging Leg Raise</u>	<u>Reverse Crunch</u>	Allow your lower back to round as you curl your legs up. 10-20 reps is a broad range on purpose: just go until you hit RPE 9-10 (0-1 reps shy of failure) with controlled form.
MANDATORY REST DAY															

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						SET 1	SET 2	SET 3	SET 4						
PULL #2 (MID-BACK FOCUSED)	<u>Dual-Handle Lat Pulldown (Mid-back + Lats)</u>	N/A	1-2	3	10-12					~9	10	~2-3 min	<u>Overhand Lat Pulldown</u>	<u>Pull-Up</u>	Lean back by ~15° and drive your elbows down as you squeeze your shoulder blades together. This should feel like a mix of lats and mid-traps.
	<u>Arms-Extended 45° Hyperextension</u>	N/A	1	2	10-20					~9	~9-10	~2-3 min	<u>Prisoner 45° Hyperextension</u>	<u>Good Morning (Light Weight)</u>	Keep your arms extended out at 45° as you do back extensions. You should feel a crazy burn in your mid-back and lower back.
	<u>Chest-Supported Machine Row</u>	Long-length Partial (on all reps of the last set)	1-2	3	8-10					~9	10	~2-3 min	<u>Chest-Supported T-Bar Row</u>	<u>Helms Row</u>	Flare elbows out at roughly 45° and squeeze your shoulder blades together hard at the top of each rep.
	<u>Concentration Cable Curl</u>	N/A	1	3	10-12					~9-10	10	~1-2 min	<u>DB Concentration Curl</u>	<u>DB Preacher Curl</u>	Place your working elbow against your knee and perform strict form curls.
	<u>Rear Delt 45° Cable Flye</u>	N/A	1	3	12-15					~9-10	10	~1-2 min	<u>DB Rear Delt Swing</u>	<u>Bent-Over Reverse DB Flye</u>	Pull with one arm at a time, bracing with your non-working hand against the machine. Try to align your arm and the cable in a straight line at the bottom of the flye.

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						SET 1	SET 2	SET 3	SET 4						
PUSH #2	<u>Seated DB Shoulder Press</u>	N/A	2-3	3	10-12					~9	10	~1-2 min	<u>Seated Barbell Shoulder Press</u>	<u>Standing DB Arnold Press</u>	Slightly rotate the dumbbells in on the negative and flare your elbows out as you push.
	<u>Cross-Body Cable Y-Raise</u>	Myo-reps	1	3	10-12					~9	10	~2-3 min	<u>Machine Lateral Raise</u>	<u>DB Lateral Raise</u>	Think about "drawing a sword" as you do the positive. Sweep your arm up, out and across your body. It may take a few weeks to get used to these if you haven't done them before, but once they click, they really click.
	<u>Decline Machine Chest Press</u>	N/A	2	3	8-10					~8-9	10	~2-3 min	<u>Decline Smith Machine Press</u>	<u>Decline Barbell Press</u>	Feel your pecs stretching apart on the negative. Mind-muscle connection with lower pecs.
	<u>Overhead Cable Triceps Extension (Bar)</u>	Dropset	1	2	8-10					~9-10	10	~2-3 min	<u>Overhead Cable Triceps Extension (Rope)</u>	<u>DB Skull Crusher</u>	Feel a nasty stretch on the triceps throughout the entire negative. Pause for 1 second in the stretch part of each rep.
	<u>Stomach Vacuums</u>	N/A	0	2	10-15 sec hold					~9	~9-10	~1-2 min	<u>LLPT Plank</u>	<u>Ab Wheel Rollout</u>	Suck your stomach in and hold it for 10-15 seconds, repeat 2x.
	<u>Super-ROM DB Lateral Raise</u>	N/A	1	3	12-15					~9-10	10	~0.5-1 min	<u>Cable Upright Row</u>	<u>DB Lateral Raise</u>	Perform lateral raises as normal, except going until your hands are up overhead. As you break parallel, you will use more upper traps to move the weight. Feel free to squeeze your upper traps at the top. If you feel shoulder pain when going all the way up, try pointing your thumb up or simply stop at parallel and do normal lateral raises.
OPTIONAL REST DAY															

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						SET 1	SET 2	SET 3	SET 4						
LEGS #2	<u>Lying Leg Curl</u>	Long-length Partial (on all reps of the last set)	1-2	3	8-10					~9	10	~1-2 min	<u>Seated Leg Curl</u>	<u>Nordic Ham Curl</u>	Set the machine so that you get the biggest stretch possible at the bottom. Prevent your butt from popping up as you curl.
	<u>Smith Machine Reverse Lunge</u>	N/A	2-4	3	8					~8-9	~8-9	~1-2 min	<u>DB Reverse Lunge</u>	<u>DB Walking Lunge</u>	Set one leg back on the negative and then drive the weight up using your front leg. Try to minimize assistance from your back leg.
	<u>Leg Extension</u>	N/A	1-2	4	15-20					~9	10	~3-4 min	<u>Reverse Nordic</u>	<u>Sissy Squats</u>	Set the seat back as far as it will go. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative.
	<u>A1: Machine Hip Adduction</u>	N/A	1	3	10-12					~9-10	10	N/A	<u>Cable Hip Adduction</u>	<u>Copenhagen Hip Adduction</u>	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!
	<u>A2: Machine Hip Abduction</u>	N/A	1	3	10-12					~9-10	10	N/A	<u>Cable Hip Abduction</u>	<u>Lateral Band Walk</u>	If possible, use pads to increase the range of motion on the machine. Lean forward and grab onto the machine rails to stretch the glutes further.
	<u>Standing Calf Raise</u>	Calf Static Stretch (30 sec hold)	1	3	10-12					~9-10	10	~1-2 min	<u>Seated Calf Raise</u>	<u>Leg Press Calf Press</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.

WEEK 9	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS #2	Weak Point Exercise 1	N/A	1-3	3	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	2	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>Triceps Pressdown (Bar)</u>	Myo-reps	1	2	10-12					~9-10	10	~1-2 min	<u>Triceps Pressdown (Rope)</u>	<u>Close-Grip Assisted Dip</u>	These are meant to be fairly heavy, which is why we're using a bar instead of a rope. Aim to add some weight week to week. Always keep the form tight as you overload the triceps.
	<u>Hammer Curl</u>	N/A	1	2	12-15					~9-10	10	~1-2 min	<u>Inverse DB Zottman Curl</u>	<u>Fat-Grip DB Curl</u>	Squeeze the dumbbell hard in the middle of the handle as you curl. Using liquid chalk on these will prevent your grip from slipping, keeping your hand in the middle of the handle throughout the set (as opposed to resting against the head of the dumbbell).
	<u>Cable Triceps Kickback</u>	N/A	1	2	12-15					~9-10	10	~1-2 min	<u>DB Triceps Kickback</u>	<u>Triceps Pressdown (Rope)</u>	There are two ways you can do this: upright or bent over. Choose the one that feels more comfortable for you. The main thing is that when you're in the full squeeze, your shoulder should be positioned back behind your torso.
	<u>Medicine Ball Russian Twists</u>	N/A	1	2	10-20					~9-10	10	~1-2 min	<u>Half-Kneeling Pallof Press</u>	<u>Bicycle Crunch</u>	Keep the ball held out far from your body on the sides and control the reps, don't just rush through them to get the set done.
MANDATORY REST DAY															



WEEK 10	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
PULL #1 (LAT FOCUSED)	<u>Lat-Focused Cable Row</u>	Lat Static Stretch (30 sec hold)	1	3	10-12					~9	10	~2-3 min	<u>Half-Kneeling 1-Arm Lat Pulldown</u>	<u>Elbows-In 1-Arm DB Row</u>	Keep your torso locked in a fixed position (don't lean forward on the negative). Drive your elbows down and back to engage the lats. Keep your elbows tucked in to your sides.
	<u>Paused Barbell RDL</u>	N/A	2-3	2	8					~6-7	~7-8	~3-4 min	<u>Paused DB RDL</u>	<u>Glute-Ham Raise</u>	The RPE is intentionally low here because these will cause a lot of muscle damage. Don't be tempted to go too heavy. 1 second pause at the bottom of each rep. To keep tension on the hamstrings, stop about 75% of the way to full lockout on each rep (i.e. stay in the bottom 3/4 of the range of motion).
	<u>Chest-Supported T-Bar Row + Kelso Shrug</u>	N/A	2	3	8-10 + 4-6					~9	10	~2-3 min	<u>Machine Chest-Supported Row + Kelso Shrug</u>	<u>Incline Chest-Supported DB Row + Kelso Shrug</u>	Do 8-10 reps as a normal T-Bar row, driving your elbows back at roughly 45° and squeezing your shoulder blades together. Without resting, do another 4-6 reps as Kelso Shrugs (just squeeze your shoulder blades together without rowing all the way back with your arms).
	<u>1-Arm Lat Pull-In</u>	Long-length Partial (on all reps of the last set)	1	2	12-15					~9-10	10	~1-2 min	<u>Wide-Grip Lat Pulldown</u>	<u>Wide-Grip Band-Assisted Pull-Up</u>	Pull the cable in from the side. Keep a mind-muscle connection with your lats and try to prevent your biceps from taking over. Palpate (feel) your lats with your other hand if that helps you connect with them better.
	<u>N1-Style Short-Head Curl</u>	Long-length Partial (on all reps of the last set)	1	3	10-12					~9-10	10	~1-2 min	<u>DB Concentration Curl</u>	<u>DB Preacher Curl</u>	Brace against your knee with your non-working hand and curl across your body, toward your opposite shoulder.
	<u>Reverse Pec Deck (w/ Integrated Partial)</u>	Integrated Partial (on all sets)	1	3	10-15					~9-10	10	~1-2 min	<u>Reverse Cable Flye (w/ Integrated Partial)</u>	<u>Bent-Over Reverse DB Flye (w/ Integrated Partial)</u>	Sweep the weight out instead of pulling the weight back. Mind-muscle connection with rear delts. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/bottom half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps and an RPE of 9-10.

WEEK 10	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
PUSH #1	<u>Cuffed Behind-The-Back Lateral Raise</u>	Myo-reps	1-2	3	10-12					~9-10	10	~1-2 min	<u>Cross-Body Cable Y-Raise</u>	<u>DB Lateral Raise</u>	Raise the cables up in a "Y" motion. Really try to connect with the middle delt fibers as you sweep the weight up and out.
	<u>Low Incline DB Press</u>	N/A	2-3	3	8-10					~9	10	~2-3 min	<u>Low Incline Machine Press</u>	<u>Low Incline Barbell Press</u>	Set the bench at a ~15° incline. Do a slight elbow tuck on the negative and then flare as you push (assuming this doesn't bother your shoulders). Nice, smooth reps here. No pausing at the top or bottom: constant tension on the pecs!
	<u>Dual-Cable Triceps Press</u>	N/A	1-2	3	10-12					~8-9	10	~2-3 min	<u>Overhead Cable Triceps Extension (Bar)</u>	<u>DB Skull Crusher</u>	Hold the cables without a handle and get them into position just above your shoulders (around chin level). Press the weight forward (straight out in front of you), not up overhead like in a standard overhead triceps extension.
	<u>Bent-Over Cable Pec Flye (w/ Integrated Partial)</u>	Integrated Partial (on all sets)	1	3	12-15					~8-9	10	~1-2 min	<u>Pec Deck (w/ Integrated Partial)</u>	<u>DB Flye (w/ Integrated Partial)</u>	Lean forward until your torso is parallel with the floor, flye straight out and down toward the floor. Stretch and squeeze the pecs! Stay locked in.
	<u>Deficit Pushup</u>	N/A	1	1	AMRAP					N/A	10	~1-2 min	<u>Close-Grip Push Up</u>	<u>Bodyweight Dip</u>	Slow negative with a deep stretch at the bottom of each rep before exploding back up on the positive.
	<u>Cable Crunch</u>	Myo-reps	1	3	10-12					~9-10	10	~1-2 min	<u>Machine Crunch</u>	<u>Plate-Weighted Crunch</u>	Round your lower back as you crunch. Maintain a mind-muscle connection with your 6-pack.
OPTIONAL REST DAY															

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						SET 1	SET 2	SET 3	SET 4						
LEGS #1	<u>Seated Leg Curl</u>	N/A	1-2	3	8-10					~9	10	~2-3 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lean forward over the machine to get a maximum stretch in your hamstrings.
	<u>Machine Hip Adduction</u>	N/A	1	3	10-12					~9	10	~1-2 min	<u>Cable Hip Adduction</u>	<u>Copenhagen Hip Adduction</u>	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!
	<u>Smith Machine Squat</u>	N/A	2-4	3	4, 6, 8					~9	~9	~3-5 min	<u>Machine Squat</u>	<u>DB Bulgarian Split Squat</u>	We're using a reverse pyramid on this exercise. Warm-up as usual to your first working set for 4 reps. This first set will be your heaviest set. Then for set 2, drop the weight back ~10-15% and do 6 reps. Then for set 3, drop the weight back another 10-15% and do 8 reps.
	<u>Leg Extension</u>	Long-length Partial (on all reps of the last set)	1-2	3	10-12					~9	10	~1-2 min	<u>DB Step-Up</u>	<u>Reverse Nordic</u>	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative.
	<u>DB Calf Jumps</u>	N/A	1	3	12-15					~9-10	10	~1-2 min	<u>Leg Press Calf Jumps</u>	<u>Standing Calf Raise</u>	Hold a dumbbell and perform a jumping motion without actually leaving the floor, using a slight knee bend, but mostly relying on your calves/ankles to drive the "jump". I believe I built a lot of calf mass by doing jump rope; these are meant to provide a similar stimulus, but with more tension.

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						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS #1	Weak Point Exercise 1	N/A	1-3	3	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	2	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>Slow-Eccentric EZ-Bar Skull Crusher</u>	N/A	1	3	10-12					~9-10	10	~1-2 min	<u>Slow-Eccentric DB Skull Crusher</u>	<u>Slow-Eccentric DB French Press</u>	Use a 3-4 second negative. Arc the EZ-bar slightly back behind your head. When you extend, keep the bar back behind your eye line. Use the inside (closer) grip option and allow the elbows to flare to a degree that feels comfortable.
	<u>Slow-Eccentric Bayesian Curl</u>	Long-length Partial (on all reps of the last set)	1	3	10-12					~9-10	10	~1-2 min	<u>Slow-Eccentric DB Incline Curl</u>	<u>Slow-Eccentric DB Scott Curl</u>	Use a 3-4 second negative and a slight pause at the bottom of each rep to emphasize stretching your biceps.
	<u>Triceps Diverging Pressdown (Long Rope or 2 Ropes)</u>	N/A	1	2	12-15					~9-10	10	~1-2 min	<u>Cable Triceps Kickback</u>	<u>DB Triceps Kickback</u>	Use two long ropes or one long rope. Lean slightly forward, flare your elbows slightly out and keep your arms back in line with your torso. Then do triceps pressdowns, getting a full, big squeeze at the bottom.
	<u>Reverse-Grip Cable Curl</u>	N/A	0	2	12-15					~9-10	10	~1-2 min	<u>Reverse-Grip EZ-Bar Curl</u>	<u>Reverse-Grip DB Curl</u>	Grab a cable bar with your palms facing down and perform curls. These will work the back of your forearm, brachialis and biceps!
	<u>Roman Chair Leg Raise</u>	N/A	0	3	10-20					~9-10	10	~1-2 min	<u>Hanging Leg Raise</u>	<u>Reverse Crunch</u>	Allow your lower back to round as you curl your legs up. 10-20 reps is a broad range on purpose: just go until you hit RPE 9-10 (0-1 reps shy of failure) with controlled form.
MANDATORY REST DAY															

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PULL #2 (MID-BACK FOCUSED)	<u>Dual-Handle Lat Pulldown (Mid-back + Lats)</u>	N/A	1-2	3	10-12					~9	10	~2-3 min	<u>Overhand Lat Pulldown</u>	<u>Pull-Up</u>	Lean back by ~15° and drive your elbows down as you squeeze your shoulder blades together. This should feel like a mix of lats and mid-traps.
	<u>Arms-Extended 45° Hyperextension</u>	N/A	1	2	10-20					~9	~9-10	~2-3 min	<u>Prisoner 45° Hyperextension</u>	<u>Good Morning (Light Weight)</u>	Keep your arms extended out at 45° as you do back extensions. You should feel a crazy burn in your mid-back and lower back.
	<u>Chest-Supported Machine Row</u>	Long-length Partial (on all reps of the last set)	1-2	3	8-10					~9	10	~2-3 min	<u>Chest-Supported T-Bar Row</u>	<u>Helms Row</u>	Flare elbows out at roughly 45° and squeeze your shoulder blades together hard at the top of each rep.
	<u>Concentration Cable Curl</u>	N/A	1	3	10-12					~9-10	10	~1-2 min	<u>DB Concentration Curl</u>	<u>DB Preacher Curl</u>	Place your working elbow against your knee and perform strict form curls.
	<u>Rear Delt 45° Cable Flye</u>	N/A	1	3	12-15					~9-10	10	~1-2 min	<u>DB Rear Delt Swing</u>	<u>Bent-Over Reverse DB Flye</u>	Pull with one arm at a time, bracing with your non-working hand against the machine. Try to align your arm and the cable in a straight line at the bottom of the flye.



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PUSH #2	<u>Seated DB Shoulder Press</u>	N/A	2-3	3	10-12					~9	10	~1-2 min	<u>Seated Barbell Shoulder Press</u>	<u>Standing DB Arnold Press</u>	Slightly rotate the dumbbells in on the negative and flare your elbows out as you push.
	<u>Cross-Body Cable Y-Raise</u>	Myo-reps	1	3	10-12					~9	10	~2-3 min	<u>Machine Lateral Raise</u>	<u>DB Lateral Raise</u>	Think about "drawing a sword" as you do the positive. Sweep your arm up, out and across your body. It may take a few weeks to get used to these if you haven't done them before, but once they click, they really click.
	<u>Decline Machine Chest Press</u>	N/A	2	3	8-10					~8-9	10	~2-3 min	<u>Decline Smith Machine Press</u>	<u>Decline Barbell Press</u>	Feel your pecs stretching apart on the negative. Mind-muscle connection with lower pecs.
	<u>Overhead Cable Triceps Extension (Bar)</u>	Dropset	1	2	8-10					~9-10	10	~2-3 min	<u>Overhead Cable Triceps Extension (Rope)</u>	<u>DB Skull Crusher</u>	Feel a nasty stretch on the triceps throughout the entire negative. Pause for 1 second in the stretch part of each rep.
	<u>Stomach Vacuums</u>	N/A	0	2	10-15 sec hold					~9	~9-10	~1-2 min	<u>LLPT Plank</u>	<u>Ab Wheel Rollout</u>	Suck your stomach in and hold it for 10-15 seconds, repeat 2x.
	<u>Super-ROM DB Lateral Raise</u>	N/A	1	3	12-15					~9-10	10	~0.5-1 min	<u>Cable Upright Row</u>	<u>DB Lateral Raise</u>	Perform lateral raises as normal, except going until your hands are up overhead. As you break parallel, you will use more upper traps to move the weight. Feel free to squeeze your upper traps at the top. If you feel shoulder pain when going all the way up, try pointing your thumb up or simply stop at parallel and do normal lateral raises.
OPTIONAL REST DAY															

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						SET 1	SET 2	SET 3	SET 4						
LEGS #2	<u>Lying Leg Curl</u>	Long-length Partial (on all reps of the last set)	1-2	3	8-10					~9	10	~1-2 min	<u>Seated Leg Curl</u>	<u>Nordic Ham Curl</u>	Set the machine so that you get the biggest stretch possible at the bottom. Prevent your butt from popping up as you curl.
	<u>Smith Machine Reverse Lunge</u>	N/A	2-4	3	8					~8-9	~8-9	~1-2 min	<u>DB Reverse Lunge</u>	<u>DB Walking Lunge</u>	Set one leg back on the negative and then drive the weight up using your front leg. Try to minimize assistance from your back leg.
	<u>Leg Extension</u>	N/A	1-2	4	15-20					~9	10	~3-4 min	<u>Reverse Nordic</u>	<u>Sissy Squats</u>	Set the seat back as far as it will go. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative.
	<u>A1: Machine Hip Adduction</u>	N/A	1	3	10-12					~9-10	10	N/A	<u>Cable Hip Adduction</u>	<u>Copenhagen Hip Adduction</u>	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!
	<u>A2: Machine Hip Abduction</u>	N/A	1	3	10-12					~9-10	10	N/A	<u>Cable Hip Abduction</u>	<u>Lateral Band Walk</u>	If possible, use pads to increase the range of motion on the machine. Lean forward and grab onto the machine rails to stretch the glutes further.
	<u>Standing Calf Raise</u>	Calf Static Stretch (30 sec hold)	1	3	10-12					~9-10	10	~1-2 min	<u>Seated Calf Raise</u>	<u>Leg Press Calf Press</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.

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						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS #2	Weak Point Exercise 1	N/A	1-3	3	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	2	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>Triceps Pressdown (Bar)</u>	Myo-reps	1	2	10-12					~9-10	10	~1-2 min	<u>Triceps Pressdown (Rope)</u>	<u>Close-Grip Assisted Dip</u>	These are meant to be fairly heavy, which is why we're using a bar instead of a rope. Aim to add some weight week to week. Always keep the form tight as you overload the triceps.
	<u>Hammer Curl</u>	N/A	1	2	12-15					~9-10	10	~1-2 min	<u>Inverse DB Zottman Curl</u>	<u>Fat-Grip DB Curl</u>	Squeeze the dumbbell hard in the middle of the handle as you curl. Using liquid chalk on these will prevent your grip from slipping, keeping your hand in the middle of the handle throughout the set (as opposed to resting against the head of the dumbbell).
	<u>Cable Triceps Kickback</u>	N/A	1	2	12-15					~9-10	10	~1-2 min	<u>DB Triceps Kickback</u>	<u>Triceps Pressdown (Rope)</u>	There are two ways you can do this: upright or bent over. Choose the one that feels more comfortable for you. The main thing is that when you're in the full squeeze, your shoulder should be positioned back behind your torso.
	<u>Medicine Ball Russian Twists</u>	N/A	1	2	10-20					~9-10	10	~1-2 min	<u>Half-Kneeling Pallof Press</u>	<u>Bicycle Crunch</u>	Keep the ball held out far from your body on the sides and control the reps, don't just rush through them to get the set done.
MANDATORY REST DAY															